

# Scotholme Primary School RSHE Curriculum 2020/21

## Year 5 Scheme of Work - Puberty



<p style="text-align: center;"><b>PSHE</b> Programme of Study Core Theme 1: Health and Wellbeing</p>	<p style="text-align: center;"><b>Learning Intentions and Learning Outcomes</b></p>	<p style="text-align: center;"><b>Lesson Title</b></p>
<ul style="list-style-type: none"> <li>• how their body will, and emotions may, change as they approach and move through puberty</li> <li>• to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them</li> <li>• about human reproduction</li> <li>• how their body will, and emotions may, change as they approach and move through puberty</li> <li>• to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them</li> </ul>	<p style="text-align: center;"><b>Learning Intention</b> To identify some basic facts about puberty</p> <p style="text-align: center;"><b>Learning Outcomes</b> Discuss male and female body parts using agreed words Know some of the changes which happen to the body during puberty (CWP Y4 lesson 2)</p>	<p style="text-align: center;"><b>Lesson 1</b> What is Puberty</p>
	<p style="text-align: center;"><b>Learning Intention</b> To explore how puberty is linked to reproduction</p> <p style="text-align: center;"><b>Learning Outcomes</b> Know about the physical and emotional changes that happen in puberty Understand that children change into adults so that they can reproduce (CWP Y4 lesson 3)</p>	<p style="text-align: center;"><b>Lesson 2</b> Puberty, Change and Reproduction</p>
<p style="text-align: center;"><b>Core Theme 2: Relationships</b></p> <ul style="list-style-type: none"> <li>• to feel confident to raise their own concerns, to recognise and care about other people's feelings</li> </ul>	<p style="text-align: center;"><b>Learning Intention</b> To explore the emotional and physical changes occurring in puberty</p> <p style="text-align: center;"><b>Learning Outcomes</b> Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence (CWP Y5 Lesson 1)</p>	<p style="text-align: center;"><b>Lesson 3</b> Talking about Puberty</p>

## Scotholme Primary School RSHE Curriculum 2020/21

### Year 5 Scheme of Work - Puberty

	<p><b>Learning Intention</b> To understand male and female puberty changes in more detail</p> <p><b>Learning Outcomes</b> Understand how puberty aspects the reproductive organs Describe how to manage physical and emotional changes (CWP Y5 lesson 2)</p>	<p><b>Lesson 4</b> <b>Male and Female Changes</b></p>
	<p><b>Learning Intention</b> To explore the impact of puberty on the body &amp; the importance of hygiene To explore ways to get support during puberty</p> <p><b>Learning Outcomes</b> Explain how to keep clean during puberty Explain how emotions change during puberty Know how to get support and help during puberty (CWP Y5 lesson 3)</p>	<p><b>Lesson 5</b> <b>Puberty and Hygiene</b></p>
<p><b>Vocabulary</b> Puberty, physical changes, emotional changes, life cycle, reproduction, name of genitalia, breasts, sperm, eggs, pubic hair, feelings, emotions, moods, menstruation, periods, tampons, sanitary towels, semen, erection, sweat, spots, underarm hair, facial hair</p>		

The Great Project - a 4 week project designed to promote healthy relationships and domestic abuse awareness. This programme looks at what healthy and unhealthy relationships look like and how the children learn to respect each other in a better way.