Relationship Sex Health Education (RSHE)

Changing Adolescent Bodies Curriculum

Year 5

Respect   Fairness   Kindness

Next week the whole school will be completing their curriculum work for Changing Adolescent Bodies. This curriculum is planned progressively across the school and taught age appropriately to each year group. Below you will find the overview of learning for your child's curriculum next week. If you would like to find out more information, please visit the school Friday 10th June, 09.00 a.m. Main Hall or visit the school website.

Year 5 – This is Me – Parent and Carer Learning and Curriculum Content Information				
When	**What will the pupils be learning?**	**What words will the pupils learn?**	**What resources will be used?**	**How can you help your child at home?**
Monday 13/6/22 am session	To identify parts of the body that males and females have in common and those that are different	Female- vulva, vagina, ovaries, eggs, womb, labia, breasts, pubic hair Male- penis, testicles, sperm, pubic hair	Body outlines Activity	Talk to your child about changes in body as they grow older. Explain the differences between male and female bodies using correct terminology.
Monday 13/6/22 pm session	To distinguish between good and not so good feelings, using appropriate vocabulary to describe these	angry, sad, happy, emotional, frightened, scared, elated, exasperated, confused, worried, excited, resilience	Emotion Synonyms: intensity of feelings sheet	Talk to your child about how they feel when different events take place. Explain that it is okay to have different feelings al song as they are managed and controlled.
Tuesday 14/6/22 am session	Know the key facts of the menstrual cycle	female reproductive organs periods menstruation hormones	Period quiz: True or False? http://kidshealth.org/en/teens/menstruation.html#	Talk to your child about puberty and changes to their bodies. Reassure your child that puberty is a gradual change and takes time.

Day/Time	Learning objective	Vocabulary	Activity/Resources	Support at home
Tuesday 14/6/22 pm session	Taking notice of our feelings	emotional changes	Calming music playing	Explain to your child about the different emotions they will experience during puberty.
Wednesday 15/6/22 am session	To explain different changes that happen when a person reaches puberty.	Female- vulva, vagina, ovaries, eggs, womb, labia, breasts, pubic hair Male- penis, testicles, sperm, pubic hair	Class discussion – matching activity Puberty glossary	Ask your child to tell you about the discussion at school. Reassure your child that puberty is a gradual change and takes time.
Wednesday 15/6/22 pm session	To explain the difference between a safe and an unsafe secret	secret surprise safe unsafe	Dear Ash Dear Chris scenarios	Talk to your child about what they have learnt today. Ask them to tell you the difference between a good secret or surprise and something that they should tell. Remind your children about all the people that they can talk to if they feel upset, scared or worried.
Thursday 16/6/22 am session	To identify some products that they may need during puberty and why	Deodorant Shower gel Tissues Spot cream/facial wash pads menstrual cups razor shaving	(Products to share) objects in the bag	Ask your child to explain to you what they learnt about the products they would need as they grow older. Discuss the various options and alternatives.
Thursday 16/6/22 pm session	To describe and/or demonstrate how to be resilient in order to find someone who will listen to you.	conflict resolution resilience respect solution	Cards with different conflict scenarios Activity sheet *Help! I'm a teenager - get me out of here!*	Talk to your child about different reasons conflict might occur and how to talk through them to find a solution.

There have been several parent workshops already provided but due to low numbers in attendance we are providing more. If you would like to contact the school directly, please ask for Rachel Speed (Head of Education) or Lacey Leung (PSHE leader). Every day next week (w/b 13th June) there will be parent 'drop in' sessions whereby leaders will make themselves available to talk through any questions or provide materials to support learning at home.