

White Laith Primary School - Relationships and Sex Education

Curriculum Planning for Year 5

Year 5	Learning Outcomes	Vocabulary	Living & Growing DVD Link
<p>Lesson 1: Puberty - How our bodies change (Sex and Relationships Education Resource - Y4/5 Lesson 2a)</p>	<ul style="list-style-type: none"> • Are able to define puberty: the changes that occur sometime between 8-17 that turn us from children to young adults • Can identify the physical changes associated with puberty • Understand that everyone's experience of puberty is different and that it begins and ends at different times 	Puberty Wet dreams Menstruation Male Female	Channel 4, Living & Growing, Unit 2, Changes, Programme 4 (video timecode - 0.00.28 - 0.11.13)
<p>Lesson 2: Understanding menstruation and wet dreams (Sex and Relationships Education Resource - Y4/5 Lesson 3)</p>	<ul style="list-style-type: none"> • Can describe menstruation and wet dreams • Understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams • Know and can explain effective methods for managing menstruation and wet dreams 	Menstruation Wet dreams Periods Males Females Sex cells Sperm Semen Egg Ovum Erection Ejaculate Pregnancy Sanitary towels	Channel 4, Living & Growing, Unit 3, Girl Talk, Programme 7 Channel 4, Living & Growing, Unit 3, Boy Talk, Programme 8

		<p>Tampons Womb Uterus Hormones Bacteria Vaginal opening Hymen Toxic shock syndrome Circumcised Foreskin Penis Vagina Orgasm Masturbate Genitals</p>	
<p>Lesson 3: Changing feelings and changing lives (Sex and Relationships Education Resource - Y4/5 Lesson 5)</p>	<ul style="list-style-type: none"> • Are able to describe how feelings and behaviour change during puberty • Understand how changes during puberty can affect relationships with other people • Can devise strategies for managing some of these changes 	<p>Puberty</p>	
<p>Lesson 4: Feeling, thinking and doing - changing relationships</p>	<ul style="list-style-type: none"> • Are able to identify feelings and understand how they affect behaviour • Show awareness that feelings change during puberty and these 	<p>Sanitary towels Boyfriend Girlfriend</p>	

<p>(Sex and Relationships Education Resource - Y4/5 Lesson 6)</p>	<p>changes can affect our relationships</p> <ul style="list-style-type: none"> • Can practise strategies for managing some of these relationships and changes • Can empathise with other people's feelings in relationships, including parents and carers 		
<p>Lesson 5: Your questions answered (Sex and Relationships Education Resource - Y4/5 Lesson 7)</p>	<ul style="list-style-type: none"> • Can answer their own questions about puberty and growing up • Can use appropriate language to discuss puberty and growing up with confidence • Can identify sources of information, support and advice for children and young people 		