

Sex and Relationships Education

PSHE Programme of study	Year 5	
	Learning objectives	Lesson Title
Core theme 1: Health & Wellbeing <ul style="list-style-type: none"> How their body will, and emotions may, change as they approach and move through puberty. To recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them. Core theme 2: Relationships <ul style="list-style-type: none"> To feel confident to raise their own concerns, to recognise and care about other people's feelings. Science attainment target; <ul style="list-style-type: none"> Describe the changes as humans develop to old age 	<ul style="list-style-type: none"> To explore the emotional and physical changes occurring in puberty Learning outcome <ul style="list-style-type: none"> Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence 	Talking About Puberty
	<ul style="list-style-type: none"> To understand male and female puberty changes in more detail Learning outcome <ul style="list-style-type: none"> Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes 	Male and Female Changes

	<ul style="list-style-type: none">• To explore the impact of puberty on the body and the importance of hygiene• To explore ways to get support during puberty <p>Learning outcome</p> <ul style="list-style-type: none">• Explain how to keep clean during puberty• Explain how emotions change during puberty• Know how to get support and help during puberty	Puberty and Hygiene
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