	PSHCE	Year: 5
	Term 6	Theme: Growing and Changing

Core Learning Behaviour: Be Reflective

Safeguarding Alerts: (add individual children's initials where applicable) – 'MM'

Be aware of:

- Sensitivity needed around children's home circumstances during discussions of different types of relationships
- Children may disclose sexual abuse unknown to the school. Children who have experienced sexual abuse that need an alternative lesson under the support and guidance of the DSL, ELSA or outside agencies
- Children that have recently experienced or are working through trauma related change and need additional support in the lesson under the guidance and support of the DSL and ELSA

Mental Health and Wellbeing:

Pupils should know…

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate
- where and how to seek support

Knowledge:

- how to identify external genitalia and reproductive organs
- about the physical and emotional changes during puberty
- key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams
- strategies to manage the changes during puberty including menstruation
- the importance of personal hygiene routines during puberty including washing regularly and using deodorant
- how to discuss the challenges of puberty with a trusted adult
- how to get information, help and advice about puberty

Skills:

- identify external genitalia and reproductive organs
- explain the physical and emotional changes during puberty
- share key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams
- identify strategies to manage the changes during puberty including menstruation
- show understanding of the importance of personal hygiene routines during puberty including washing regularly and using deodorant
- discuss the challenges of puberty with a trusted adult
- get information, help and advice about puberty

Prior Learning:

- Rec – Y3 Term 1 – learning to name and describe feelings and emotions in different contexts, including worries and how to get help.
- Term 2 – self-respect and respect towards others
- Term 3 – belonging to school community
- Term 4 – keeping safe including adults in school who can help up
- Term 5 – keeping healthy
- Term 6 – all year groups

Vocabulary:

Characteristics, male, female, vagina, vulva, ovaries, egg, womb, uterus, penis, testicles, sperm, facial hair, larynx, puberty, menstruation, period, sanitary towel, wet dream, erection, ejaculation, hormones

Cross Curricular Links:

History – ordering events in chronological order, timelines
Science – human body, healthy lifestyles, growth, lifecycles
PE – naming public body parts during lessons

Oracy:

Circle time discussions – use class toy to know when to speak. Provide sentence stems for responses and encourage all to respond in the circle.
Work in pairs to encourage all children to participate and to promote active listening.

Wider Reading	Enrichment
It's Perfectly Normal: A Book about Changing Bodies, Growing Up, Sex and Sexual Health by Robbie H Harris Everything you wanted to ask about periods— by Tricia Kreitman, Dr Fiona Finlay & Dr Rosemary Jones www.childnet.com	Transition program Grandparents afternoon at school