

PSHE Year 5

Relationship & Sex Education: Growing up & changing

Lesson 1

What strategies can I learn to deal with feelings in relationships?

empathy

Lesson 2

How do we grow and change throughout the human lifecycle?

*puberty
on-going &
individual
change*

Lesson 3

What are the physical changes associated with puberty?

*emotional
maturity*

Lesson 4

What is menstruation and wet dreams?

sex cells

What will we be learning about over the coming weeks?

PSHE Year 5

Relationship & Sex Education: Growing up & changing

Lesson 5

What is the impact of puberty on physical hygiene?

hygiene sensitive

Lesson 6

How does puberty affect emotions and behaviour?

What strategies can I learn to deal with changes during puberty?

relationships advice

Lesson 7

Assessment

What will we be learning about over the coming weeks?

PSHE Year 6 unit 1

Relationship & Sex Education: Healthy Relationships

Lesson 1

What are the attitudes and values around gender stereotyping and sexuality?

*attitudes
inequality*

Lesson 2

What values are important to me in relationships?

*qualities
expectations
intimate
relationships*

Lesson 3

What changes occur during puberty?

*physical
emotional
behavioural*

Lesson 4

What are the roles and responsibilities of carers and parents?

*skills
qualities*

Lesson 5

Assessment

What will we be learning about over the coming weeks?

PSHE Year 6 unit 2

Relationship & Sex Education: Healthy Relationships

Lesson 1

What is human reproduction in the context of the human lifecycle?

male & female sex cells
reproductive organs

Lesson 2

How is sexuality expressed between consenting adults?

sexual intercourse
consent

Lesson 3

Where can I find support and advice about sex and relationships when I need it?

conception

Lesson 4

Why are rules and laws needed to protect people?

parliament
society

Lesson 5

Why is it important that I understand my right to say 'no'?

consent
body
autonomy

Lesson 6

Assessment

What will we be learning about over the coming weeks?