

Relationships

TOPICS: Puberty and Adults' & Children's Views - *Suggested for Year 5*

We have chosen to deliver this topic in year(s):

Year Intent



In Year 5, children further develop their understanding of relationships by exploring the changes that occur during puberty and how these can affect their bodies, emotions and interactions with others.

They learn about the importance of respect, privacy and personal boundaries as they grow. Pupils also revisit a range of relationship topics, reflecting on the views of adults and children beyond the school setting through discussion and activities about respectful and healthy relationships.

Curriculum Links

Statutory RSHE Links

Developing bodies; Families and people who care for me; Caring friendships; Respectful, kind relationships; General wellbeing;

Ask me a question!

What does the brain release in order for puberty to begin?

How long do periods normally last?

What changes do females and males go through during puberty?

What coping strategies can help us through puberty?

Knowledge & Skills Progression

Puberty - Pupils should...

- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty

Adults' & Children's Views - Pupils can...

- listen to and observe a range of views from adults and children about positive relationships and how to seek support when needed
- identify key ideas and strategies shared by others that help people build and maintain healthy relationships
- reflect on and build their own understanding of relationships using information gathered from discussions and observations
- share their ideas and learning with peers, contributing thoughtfully to discussions about respectful and healthy relationships



I will learn the following new words/phrases:

I now know...

Puberty	When a child matures physically and the reproductive system becomes active.
Hormone	A chemical substance made in the body, which controls the activity of other cells and organs.
Anonymous question	When someone asks a question without revealing their name or identity.
Vagina	A canal that leads from the female uterus to the outside of the body.
Vulva	External female genitalia that surround the opening to the vagina.
Ovaries	A reproductive organ where eggs are produced.
Fallopian tube	The tube where the female egg travels to the womb (uterus).
Penis	A male organ that urine and sperm pass through.
Testicles	Two male sex glands where sperm is produced.
Bladder	An organ inside the body where urine is stored.
Scrotum	A soft sac which holds and protects the testicles.