

**WJS Scheme of Work for Sex and Relationships Education
Year 5: Overview**

**Title: Puberty: Changing Me & The Menstruation Cycle
Commencing: Week 2 Term 6**

Week	Lesson Heading	Lesson Content	Learning outcomes	Lesson contributes to the following NC outcomes
2	<p>To understand the changes that occur during puberty NB: These are Y4 lessons that were missed due to Covid</p>	<ul style="list-style-type: none"> ▪ Establish ground rules for discussing personal issues. ▪ Explain that living things always grow and as they do, they change. ▪ Ask children to identify some of the changes that humans go through from birth to adult. ▪ Explain that as you grow from a child into an adult your body goes through changes known as puberty. <p>Play: https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special</p> <p>Children identify which change description refers to boys and which to girls or both. Explain that a question box will be provided for anything that the children would like to ask or have clarified. This will be available through the week. Explain that these questions will be dealt with anonymously.</p>	<p>Children:</p> <ul style="list-style-type: none"> ▪ Understand the changes that happen to their bodies during puberty ▪ Understand the changes that happen to their emotions during puberty ▪ Understand how to support one another ▪ Recognise the process of puberty as something that happens to us all and something biological rather than something to be embarrassed about or ashamed of. 	<p>Relationships & Health Education: Changing adolescent body 1. key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes PSHE: H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement H13. How their body will, and their emotions may, change as they approach and move through puberty. Drivers: Curiosity</p>
3	<p>To understand puberty and ask questions NB: These are Y4 lessons that were missed due to Covid</p>	<ul style="list-style-type: none"> ▪ Reflect upon the changes that we learned about the week before. Maybe remind by reading; What's happening to me? ▪ Ask if the children were surprised about any of the changes. ▪ Emphasise that puberty isn't a race and that everyone goes through it at different rates. It is perfectly normal to be the same age but at different stages of puberty. 		<p>- willingness to reflect on their experiences-sense of enjoyment and fascination in learning about themselves, others and the world around them</p>

Week	Lesson Heading	Lesson Content	Learning outcomes	Lesson contributes to the following NC outcomes
		<ul style="list-style-type: none"> ▪ Address some of the questions that had been asked in the question box. NB: THIS MUST BE DEALT WITH ANONYMOUSLY AND SENSITIVELY. Ask RSE lead for advice if unsure. 		
4	<p>To understand key facts about the menstrual cycle</p>	<ul style="list-style-type: none"> ▪ Establish what children already know about the menstrual cycle (periods). ▪ Explain that menstruation is a perfectly normal part of growing up for girls and why we have periods see below.. ▪ Show powerpoint giving more details about periods and showing a menstruation timeline. ▪ Allow time for discussion and questions. ▪ Worksheet available to label parts of the reproductive anatomy of the female and to sequence events in the menstruation cycle. Consider doing this as a whole class rather than independently. 		<p>Relationships & Health Education: Changing adolescent body 1. key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes Changing adolescent body 2. about menstrual wellbeing including the key facts about the menstrual cycle PSHE: H13. How their body will, and their emotions may, change as they approach and move through puberty Drivers: Curiosity about their bodies and change. Resilience to accept and cope with change. Community: recognising how we can support each other when going through times of change. Boy - sensitivity towards the particular biological changes that girls go through.</p>

