

What I Need to Know: Y5 RSHE – Growing and Changing

We nurture the curiosity to learn, the courage to lead and the compassion to care.

Brief summary of topic: Developing an understanding of 'Growing and Changing.' Develop understanding of some key information regarding puberty. Be aware of how to keep myself safe.



Create, Communicate & Evaluate

- Create a poster displaying personal 'zones of regulation' strategies



Question, Reason, Discuss & Explain

- Discuss good and bad feelings you have experienced.
- Understand and reason appropriate / inappropriate contact.
- Discuss safe / unsafe secrets.
- Decide and question when I might need to break a confidence.
- Understand which products I may need to use during puberty.
- Discuss myths associated with puberty.



Know & Do

- Identify self-support strategies to use when you are concerned or worried
- Identify trusted people you can talk with.
- Know the scientific terms for the external sexual organs.
- Know what menstruation is, why it happens.

Vocabulary I need to know...

Wellbeing, resilience, trust, unwanted attention, unwanted touch, confidential, breaking confidence, puberty, genitalia, menstruation, semen, period, period/menstruation pad, tampon, period pants, silicone period cups, managing feelings, pubic hair, penis, testicle, urethral opening, anus, scrotum, labia, vaginal opening, vulva, clitoris, ovaries, womb / uterus, hormones, compromise, respect, mood swings, conflict, puberty, emotional changes.

Opportunities to support English and maths

- Skim and scan texts to retrieve information or quotes quickly and accurately
- Summarise main ideas from more than one paragraph
- Make and justify inferences with appropriate evidence from the text
- Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities

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