

# Health and Relationships Education Parent Consultation Year 5



# Welcome

# Year 5 PSHE curriculum overview for the Year 2020-2021

Topic/Theme Across School	Communication	Community	Health	Citizenship	Personal Relationships	HRE	Change & Reflection
Virtue	Kindness	Integrity	Resilience	Aspiration	Respect	Curiosity	
<b>Year 5</b>	<p>Why is good communication important? Related Concepts: <b>words; body language; respect; forms of communication (online etc.).</b></p>	<p>Why is community cohesion important? Related Concepts: <b>working together; humility; justice; consequences.</b> <b>History link: World War II-war spirit</b></p>	<p>How do you build a healthy body? Related Concepts: <b>prevention- sun, sleep, vaccines.</b></p>	<p>Why should we be good citizens? Related Concepts: <b>social contracts; First Aid training</b></p>	<p>Why are good relationships important? Related Concepts: <b>loyalty; civility; characteristics of good friendships.</b></p>	<p><u>Medway &amp; PSHE Association:</u> Puberty: time to change; Puberty: menstruation and wet dreams; Puberty: personal hygiene</p> <p>Menstruation Adolescent body Being Safe Prevention Permission seeking &amp; giving</p>	



# Relationships Education

The relationships aspect of the curriculum is covered throughout the year as it includes teaching about being part of a community, being a citizen, anti-bullying (with our work with the Anti-Bullying Ambassadors) and e-safety which is predominantly covered in our Computing curriculum.

This is what is covered in the **Personal Relationships** unit.

2020-2021

2019-2020

How does  
someone build a  
good  
relationship?  
Related  
Concepts: loyalty;  
civility

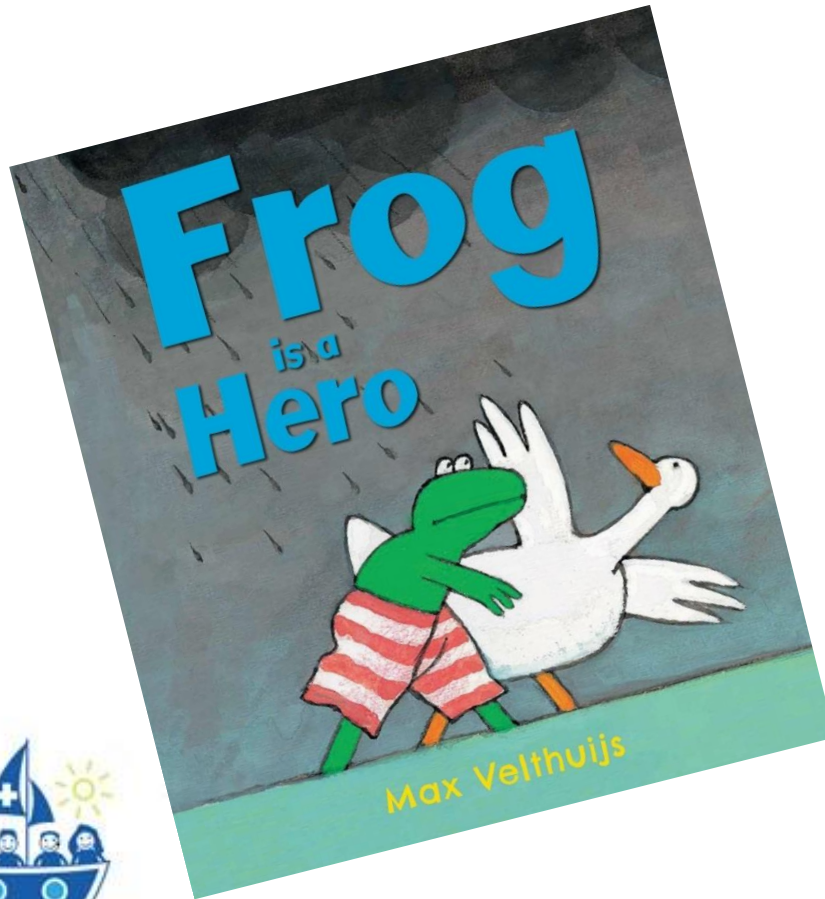


Why are good  
relationships  
important?  
Related  
Concepts:  
loyalty; civility;  
characteristics of  
good  
friendships.

# Relationships Education

In these lessons, children are mostly able to explore what words, such as these, mean and what they look like in real life.

Teachers may also use books such as this to explore and deepen the concepts.



civility

loyalty

honesty

trust



# Questions?



# Health Education

Here we have our overview of teaching about **Health Unit** for Year 5 . You can see here that there has been a big change in the lessons. Children will still learn about environmental health in Year 4.

2019-2020

How do you build  
a healthy body?

Related

Concepts:

environmental  
responsibilities



2020-2021

How do you build  
a healthy body?

Related Concepts:

**prevention- sun,  
sleep, vaccines.**

# Health Education

Year 5 PSHE curriculum

The Health unit focuses on the idea of prevention: using sun cream, what vaccines are and the importance of things such as sleep. Teachers will use books and images such as these to lead discussions.

## THE VALUE OF BELIEVING IN YOURSELF

The Story of Louis Pasteur



A **ValueTale** BY SPENCER JOHNSON, M.D.



# Health Education

Year 5 PSHE curriculum

2019-2020

2020-2021

Health Unit

Christopher Winter Project

Growing up

Medway & PSHE

Association:

Puberty: time to change; Puberty: menstruation and wet dreams; Puberty: emotions and feelings

Menstruation

Adolescent body

Being Safe

Prevention

Permission seeking & giving

## Puberty: Time to Change

Learning Objectives:

The physical changes experienced during puberty

Learning Outcomes:

- identify some of the physical changes that happen to bodies during puberty
- explain that puberty begins and ends at different times for different people
- use scientific vocabulary for external male and female body parts/genitalia

## Puberty: Menstruation & Wet Dreams

Learning Objectives:

About the biological changes that happen to females and males during puberty

Learning Outcomes:

- use scientific vocabulary for external and internal male and female body parts
- explain what happens during menstruation (periods)
- explain what is meant by ejaculation and wet dreams

## Puberty: Personal Hygiene

Learning Objectives:

We are learning:

- about the importance of personal hygiene during puberty
- to respond to questions about puberty

Learning Outcomes:

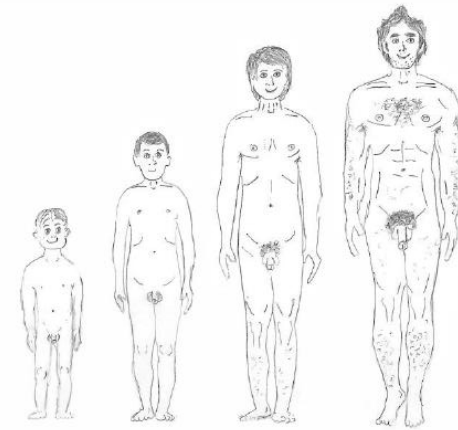
- explain how and why it is important to keep clean during puberty
- describe ways of managing physical change during puberty
- respond to questions and give advice to others about puberty



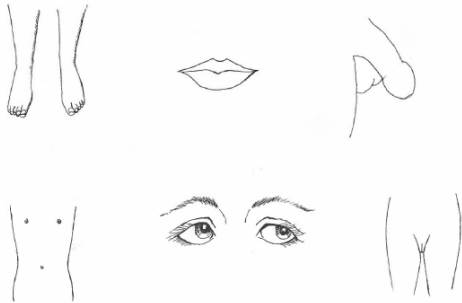


# Health Education

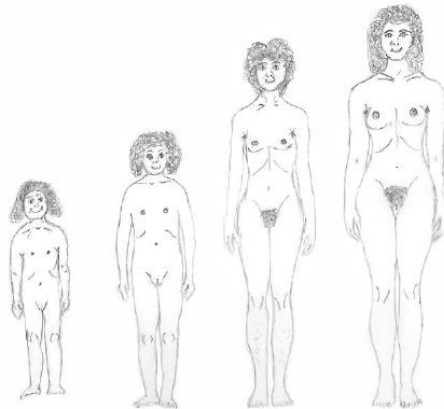
Going forwards, children in Year 5 will revisit learning from Year 4. This will allow children to process concepts that, in the previous year, may have seemed quite abstract but could now be a reality for some of the children. Children will revisit the same resources through different activities.



Resource C  
Growing bodies



Resource B  
Body parts



From Year 4, children will be taught in single-sex groups. They will be taught the same content to help develop empathy for their peers.

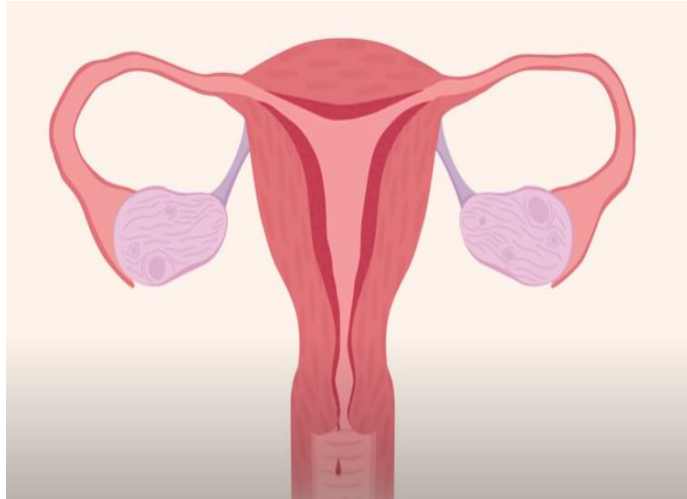
Children will be revisiting their learning from Year 4 about the changes that will happen to the female and male bodies as they go through puberty. They will use scientific vocabulary, as they have in earlier years, to name body parts.



# Health Education

A voiceover narrates the menstrual cycle, shown using the cartoon on the right.

The video explains the release of an egg and how a period will happen if there is no pregnancy. NO mention of how an egg is fertilised.



[https://www.youtube.com/watch?v=vXrQ\\_FhZmos](https://www.youtube.com/watch?v=vXrQ_FhZmos)

Children will revisit their learning about what happens when males experience a wet dream. You can see the explanation on the right.

**Testosterone is produced by the body (inside the testicles).**

**Sperm is produced and stored inside the testicles.**

**Semen, the fluid containing sperm, is carried along the urethra.**

**Through ejaculation, the semen comes out of the penis.**

**This is commonly called a wet dream.**





# Health Education

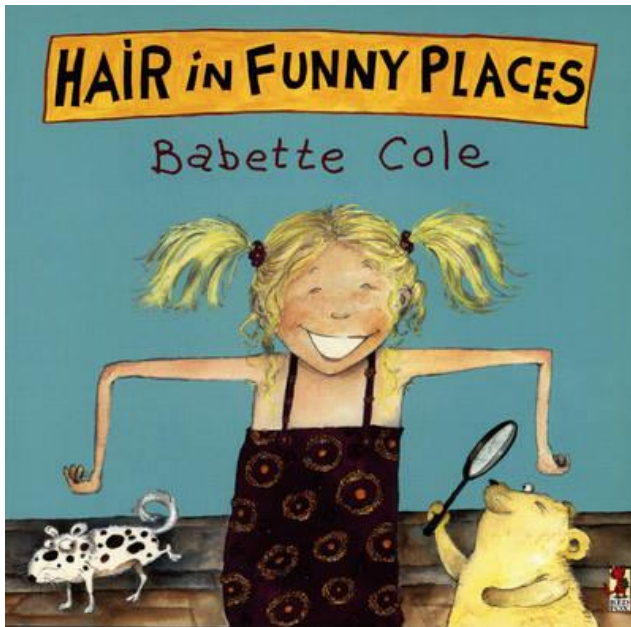
Children will have the opportunity to explore personal hygiene products- what they are for and how they are used (through discussions).



# Health Education

To discuss the emotional changes that happen in puberty, teachers will use *Hair in Funny Places* to lead discussions. The focus will be on recognising emotional changes and strategies to help our young people cope with these changes.

It is a humorous book, designed to show that children are not alone in going through these changes that their own parents will have encountered the same feelings that they are going through!



# Questions?



# Final Comments



# Thank You

