



Burford School & Nursery

'Enjoy, Achieve, Succeed Together'

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Dear Parents/Carers,

The theme of our PSHE unit this half-term is 'Changing Me'. As per our Relationships and Sex Education Policy, we feel it is really important to work in partnership with our parents/carers by providing advanced notice on the teaching of any more sensitive content. This will allow discussions at home to take place (before or after the lesson) whilst also preparing parents/carers for any potential questions that may come home with your child.

In 2019, the Government announced that the delivery of Health and Relationships Education would become a compulsory subject from Summer 2021 with a recommendation for age-appropriate Sex Education in primary schools.

You can find details of the statutory framework here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

You can find Burford School's Relationship and Sex Education policy here:

<https://www.burfordschool.co.uk/policies/>

Year 5 'Changing Me' Overview

Lesson Number:	Approximate date of teaching*:	Learning Intention:	Vocabulary Taught:
Lesson 1 – self image	W/C 1 st June	To be aware of my own self-image and how my body image fits into that. To know how to develop my own self esteem.	Self, self-image, body image, self-esteem, perception, characteristics, aspects, affirmation
Lesson 2 – boy's puberty	W/C 8 th June (Boys and girls will be split for this lesson)	To explain how a boy's body changes during puberty and understand the importance of looking after myself physically and emotionally. To understand that puberty is a natural process that happens to everybody and that it will be OK for me.	Puberty, sperm, semen, testicles/testes, erection, ejaculation, wet dream, larynx, facial hair, growth spurt, hormones
Lesson 2 – girl's puberty	W/C 8 th June (Boys and girls will be split for this lesson)	To explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally. To understand that puberty is a natural process that happens to everybody and that it will be OK for me.	Puberty, menstruation, periods, menstrual towels, menstrual pads, tampons, ovary/ovaries, vagina, oestrogen, vulva, womb/uterus, hormones
Lesson 3 – conception	W/C 8 th June (Boys and girls will be split for this lesson)	To understand that sexual intercourse can lead to conception and that is how babies are usually made. To understand that sometimes people need	Relationships, conception, making love, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, umbilical cord, contraception, fertility treatment (IVF).

		IVF to help them have a baby. To appreciate how amazing it is that human bodies can reproduce in these ways.	
Lesson 4 – looking ahead	W/C 15 th June	To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). To be confident that I can cope with the changes that growing up will bring.	Teenager, milestone, perceptions, puberty, responsibilities, consent
Lesson 5 – looking ahead	W/C 22 nd June	To identify what I am looking forward to when I move to my next class. To think about changes I will make next year and know how to go about this.	Teenager, milestone, perceptions, puberty, responsibilities, consent

**Please note that whilst dates have been provided, last minute timetable changes are likely to happen. This date will provide parents/carers with an approximate date.*

Please note that for lesson 2 (boys puberty), lesson 2 (girls puberty) and lesson 3 (conception) boys and girls will be split into separate rooms. They will still be taught all of the lessons.

Jigsaw PSHE is the scheme of work we use to deliver our PSHE curriculum and the majority of our resources will come from this scheme.

Should you have any questions or queries, please do not hesitate to make contact with the class teacher.

Thank you for your support.

Year 5 team