

Parent information for Y5 Sex and Relationship Lessons

Over the next two half terms, children in Year 5 will have several lessons about growing up and relationships. These lessons are taught as part of our science and PHSE lessons. Most of these lessons will be taught as a whole class using the Twinkl scheme of learning.

Summer 1 (Science)

The lessons will cover the following concepts:

Gestation periods

- State how long the gestation period for a human is.
- Compare the gestation periods of different animals.

Prenatal development

- Describe how an embryo and foetus grow and develop.
- Visualise the size of the developing baby at each stage of prenatal development.
- Order the stages of development on a timeline.

Growth and development of babies and children

- Explain how babies grow and develop during early childhood.

Puberty and adolescence (boys and girls will be split for this lesson)

- Describe the main changes that occur during puberty.
- Why changes occur during puberty.
- Periods

Late Adulthood

- Describe the main changes that take place in late adulthood.
- Distinguish between facts and myths about late adulthood.

Human timeline

- Order the stages of human development.
- Name the eight distinct stages of the human life cycle.
- Explain the changes that occur during the stages of human development.

Summer 2 (PHSE)

Your body is your own

- Understand that I can make choices about what happens to my body.
- Understand the difference between wanted and unwanted contact.
- Know what to do if I am worried about myself or a friend.

Exercise right, sleep tight

- I can make informed choices about my exercise and sleep habits.
- I can identify the physical, emotional and mental consequences of not getting enough exercise or sleep.
- I can use mindfulness and meditation to aid a good night's sleep

Taking care of our bodies

- Understand the need for good personal hygiene.
- Identify healthy habits.
- Know how to protect my body in different ways

Harmful substance

- Identify what a drug is and can discuss how different drugs affect the body.
- Suggest where pressure might come from to try drugs, including alcohol and tobacco.
- Know what to do if I feel pressured to try a harmful substance.

How we think and feel about our bodies

- Challenge stereotypes of 'the perfect body'.
- Understand that the images in the media and online do not always reflect reality.
- Understand the importance of celebrating individuality.
- Identify personal qualities.

Healthy choices

- Understand that the choices I make about my body have consequences.
- Understand what contributes to a balanced lifestyle.
- Identify factors that influence choices we make about our bodies.

If you have any questions or would like further information, please speak to Mrs Lloyd.