

Ashtree Primary School and Nursery Medium Term Plan for PSHE

Year 5 Summer Term – RSE

Prior skills:

1. To explore the human lifecycle
2. To identify some basic facts about puberty
3. To explore how puberty is linked to reproduction
4. To explore respect in a range of relationships
5. To discuss the characteristics of healthy relationships
6. Explain how friendships can make people feel unhappy or uncomfortable.

Prior knowledge:

1. Understand that puberty is an important stage in the human lifecycle
2. Know some changes that happen during puberty
3. Know about the physical and emotional changes that happen in puberty
4. Understand that children change into adults to be able to reproduce if they choose to
5. Know that respect is important in all relationships including online

Key Knowledge:

1. To understand male and female puberty changes in more detail
2. Understand how puberty affects the reproductive organs
3. To explore the impact of puberty on the body and the importance of physical hygiene
4. To know and explain how to keep clean during puberty
5. To know and explain how emotions/relationships change during puberty
6. Know how to get help and support during puberty

Key Skills:

1. To explore the emotional and physical changes occurring in puberty
2. Explain the main physical and emotional changes that happen during puberty
3. Ask questions about puberty with confidence
4. Describe what happens during menstruation and sperm production

Vocabulary:

Menstruation, sperm, semen, foreskin, testicles, breasts, pubic hair, ovaries, vagina, menstrual cycle, erection, ejaculation

Future Knowledge:

1. To consider puberty and reproduction
2. Know that communication and permission seeking are important
3. Know some basic facts about conception and pregnancy
4. Know positive and negative ways of communicating in a relationship
5. Know when it is appropriate to share personal/private information in a relationship
6. Know how and where to get support if an online relationship goes wrong