

PSHE

(Personal, Social and Health Education)

RSE

(Relationships and sex education)

Year 5/6

Statutory Requirements

2. Statutory Requirements

Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum must/should:

- Promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and;
- Prepare pupils at the school for the opportunities, responsibilities and experiences of later life.

As a primary academy school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

We do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At St Giles' and St George's we teach RSE as set out in this policy.

Why do we teach RSE?

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

The Year 5 Curriculum:

Pieces	PSHE learning intention	Social and emotional development learning intention
My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty for Girls Statutory	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
3. Puberty for boys Statutory	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty
4. Conception Non-statutory	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways
Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
6. Looking Ahead 2	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.

What will my child learn?

Year 5- Puberty: Girls

LI: I can explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally.

Tell/show me

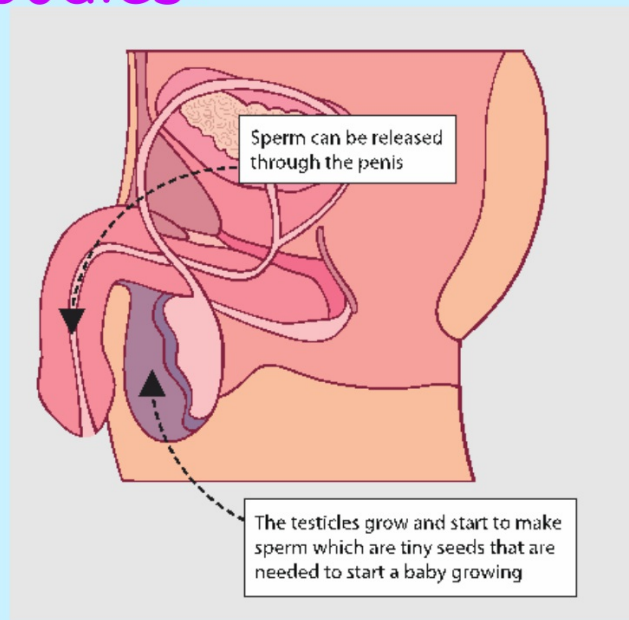
The Female Reproductive System



Video animation- from Jigsaw community area.
(Jigsaw Animation: The Female Reproductive System)

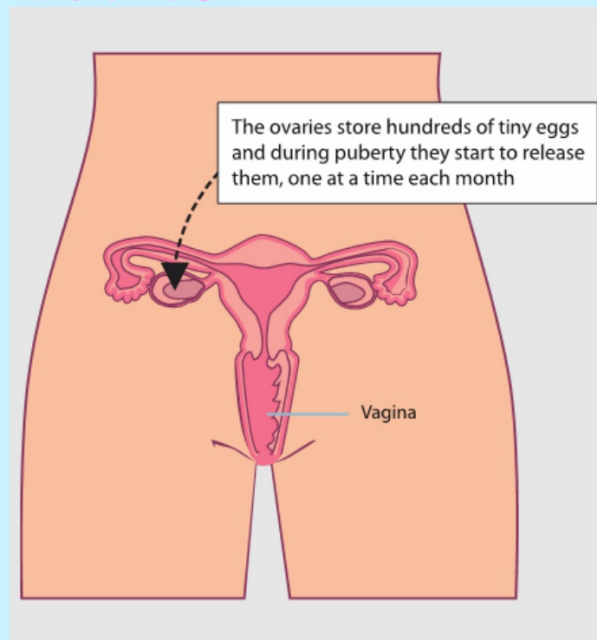
Tell/show me

Male bodies:

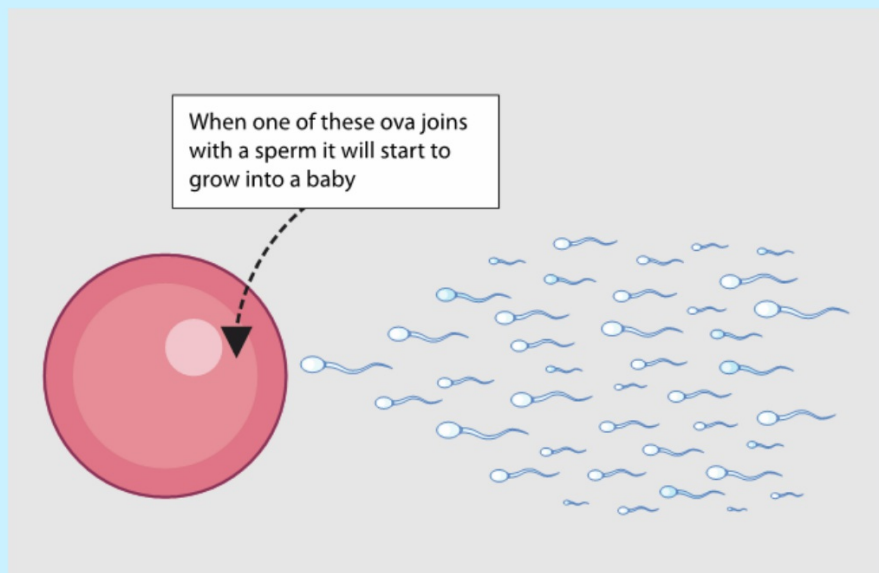


Tell/show me

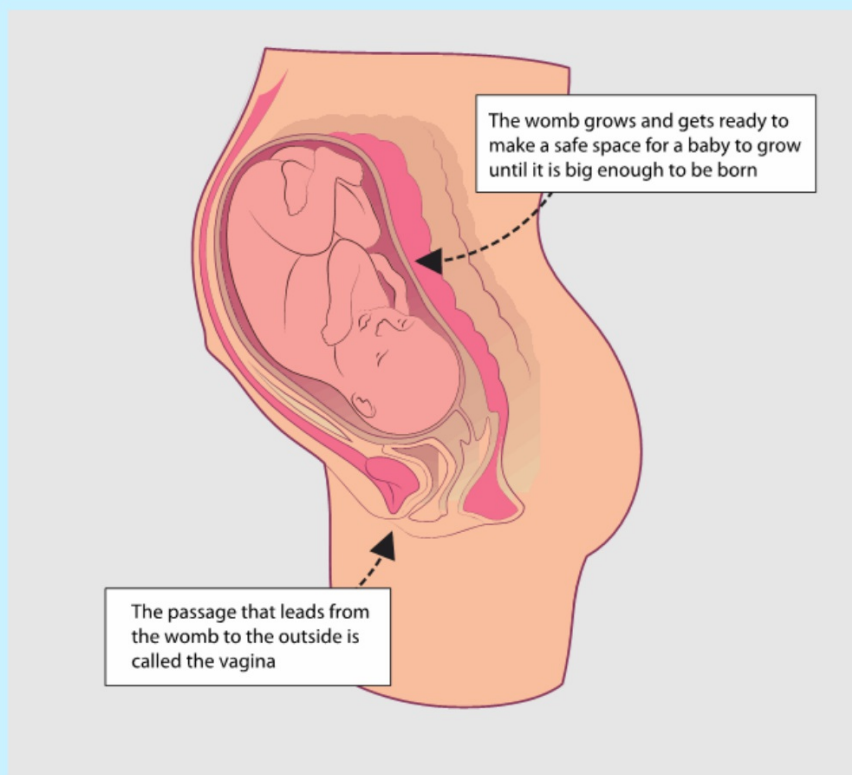
Female bodies:



Tell/show me



Tell/show me



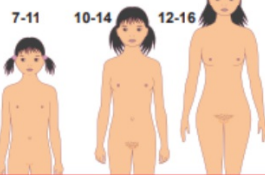
Let me learn

Using the range of sanitary products, (tampons with and without applicators, pads with and without wings, pads of varying sizes, colours and shapes), briefly explain to the whole class how these are used.

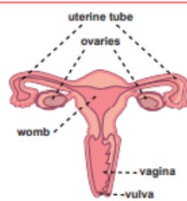


Changing Me
Menstruation Cards Sort/Sequence - Ages 9-10 - Piece 2

AGE

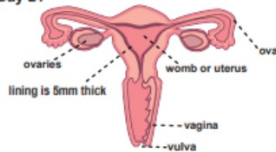


A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

Day 21



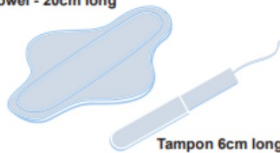
However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

Menstrual Flow



If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

Towel - 20cm long



Tampon 6cm long

Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.



The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

Let me learn

Activity One

Girls and boys to do this activity separately.

Year 5- Puberty: Boys

LI: I can describe how boys bodies change during puberty.

Open my mind

Place the words 'agree' and 'disagree' at the opposite ends of the room.

For each statement, discuss where it should go.

When it comes to puberty, boys have less to worry about than girls

If you have a worry about how your body is changing, it's easier to talk to your friends than your parents or carers

Age 10 is too young for boys and girls to start going out together

It's normal to start fancying people as you get older

If there's something you want to know but are embarrassed to ask about, you can always get reliable information on the internet

When boys grow up they have to learn to be less emotional than girls

The thought of having babies when I'm older is very scary

It's better to be an early starter on puberty than a late starter

←
Agree

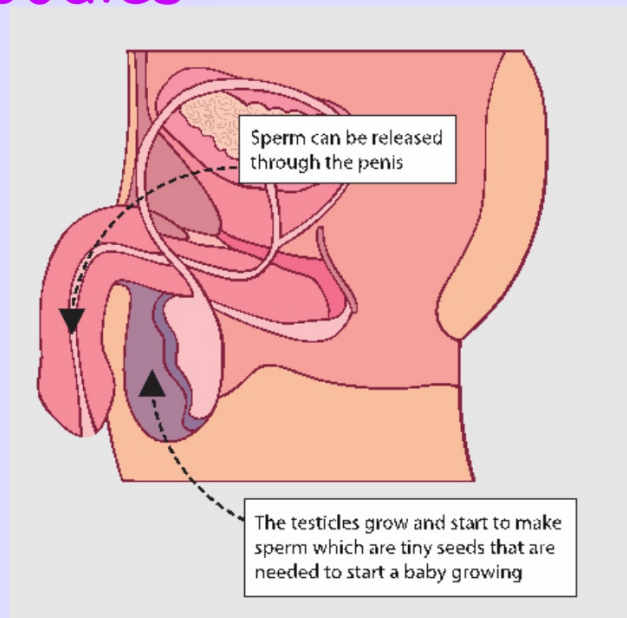
Disagree →

Tell/show me

What changes might you have already noticed
growing into a teenager?

Tell/show me

Male bodies:



Changing Me

Boys 'n' Puberty Quiz - Ages 9-10 - Piece 3

Sperm	Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum
Semen	The release of semen from a boy's or man's body while he is asleep at night - it's a normal part of sexual development
Testicles or Testes	The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper
Erection	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty
Ejaculation	A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly
Wet dream	Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby
Larynx	When a man or boy's penis fills with blood and goes hard, usually because he's feeling sexually excited, but, when growing up, it can happen for no particular reason
Facial Hair	A milky liquid in which the sperm are mixed when they are released from a man's body through the penis
Growth Spurt	Hair that starts growing on a boy's face during puberty - if not shaved, it will grow into a moustache and beard
Hormones	The release of sperm and semen through the penis - it goes with a climax of nice feelings called an orgasm

Let me learn

Lesson resource - cut these up to match

Year 5- Conception

LI: I understand that intercourse can lead to conception and that is how babies are usually made.

I understand that sometimes people need to use IVF to have a baby.

Open my mind

Get into small groups or table groups...

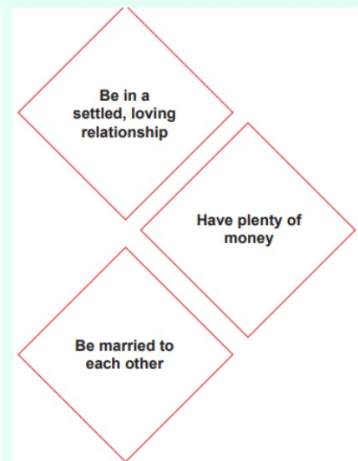
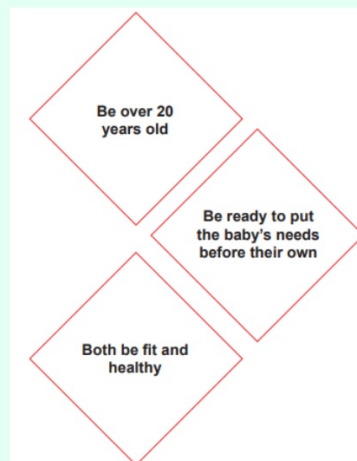
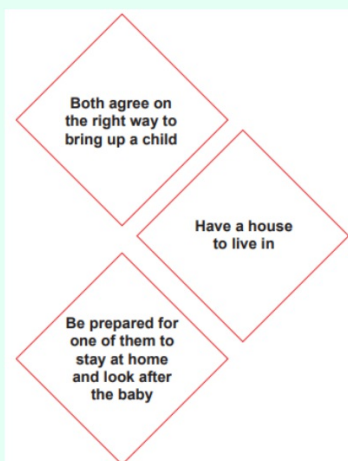
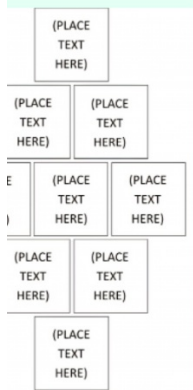
Today we are going to focus on relationships that involve physical attraction.

Often these relationships become very close and loving, and people may choose to be in a 'couple'. Some of these couples may decide they want to make a life together, may get married, and may decide to start a new family, but not all. **These are all personal choices.**

Open my mind

'Before a couple decides to have a baby, they should...'

Arrange the 'Having a baby' cards into a diamond 9 based on the sentence above. Which do you think is most important? Which are least important?



Open my mind

There are many different types of relationships in the adult world and they are not all as straightforward as we might assume.

The **care and responsibility for any baby/child** that results from a relationship should be **paramount** whatever the circumstances.

Tell/show me

What is conception?

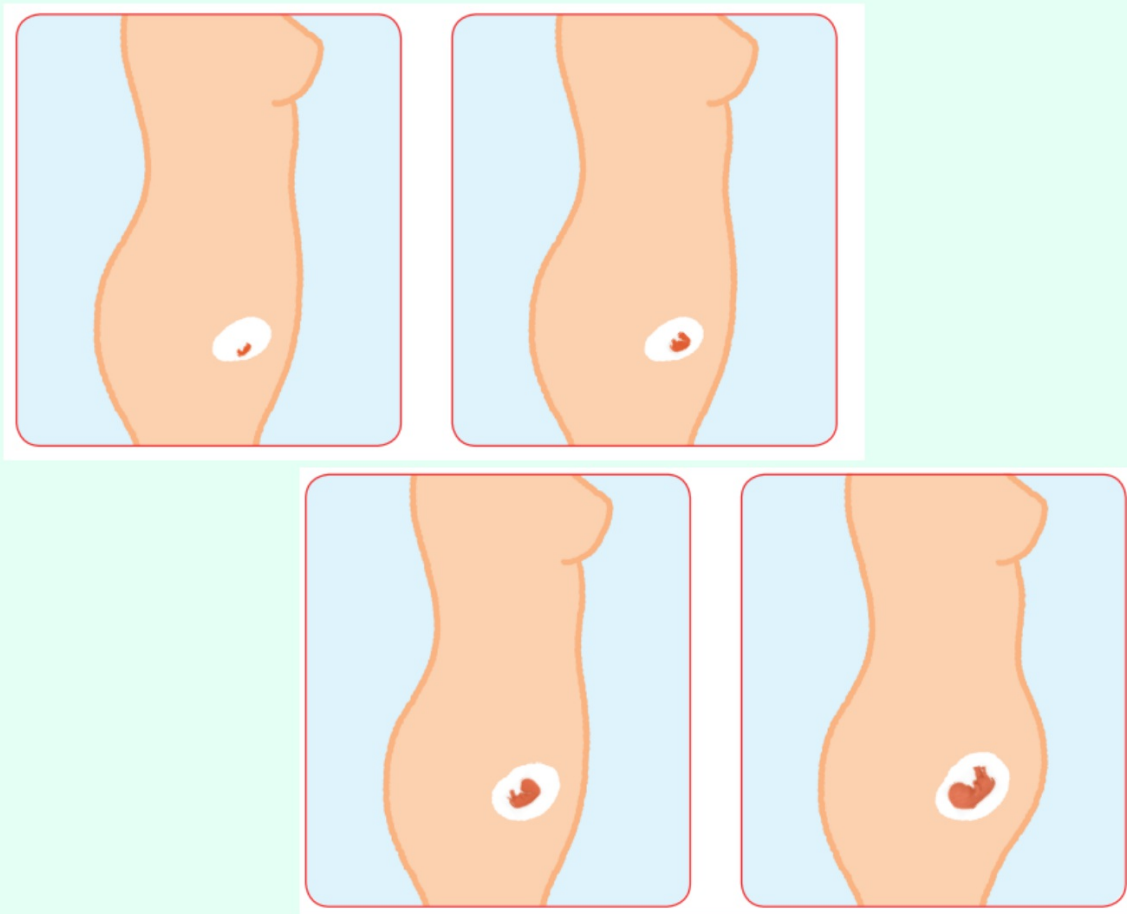


The wonder of a new life grows out of the closest and most loving and private part of the couple's own relationship, sexual intercourse.

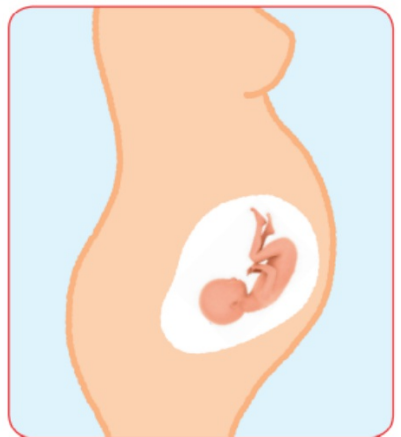
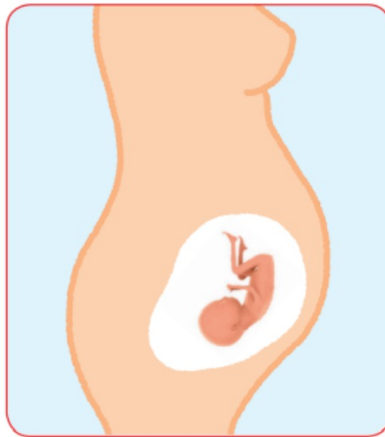
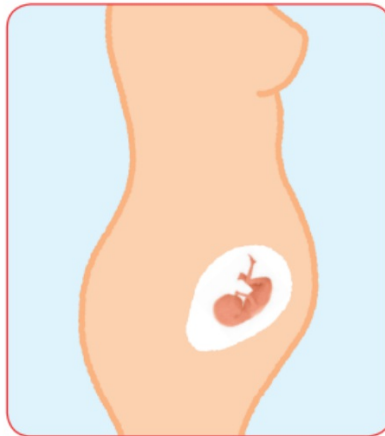
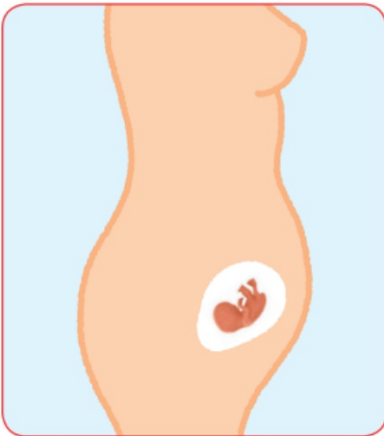
We will now look at the changes that occur during pregnancy.

A baby in the womb...

Tell/show me



Tell/show me



Let me learn

Task: In your groups, you have these cards below along with true and false cards. Match them up to show which you believe to be true or false. You must decide as a group.

If a couple makes love, it doesn't necessarily mean they will have a baby.

Fertilisation happens when the sperm meet the egg in the vagina.

One of the first signs to tell a woman she is pregnant is that her periods stop.

If two sperm fertilise one egg, it will form identical twins.

The baby is attached in the womb by a cord through which it gets oxygen and food from the mother.

A woman can't have a baby unless she has sexual intercourse with a man.

Finally, you have explanation cards to match to these 6 statements. Again, you need to decide as a group.

Let me learn

When sexual intercourse isn't possible to conceive a baby, doctors can help people to have a baby perhaps through egg donation, artificial insemination, surrogacy, or IVF.

Or people can choose to adopt.

The Year 6 Curriculum:

Pieces	PSHE learning intention	Social and emotional development learning intention
1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty Statutory	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
3. Babies: Conception to Birth Assessment Opportunity ★ Non-statutory	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
5. Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
6. The Year Ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know know how to prepare myself emotionally for the changes next year.

What will my child learn?

Year 6- Puberty

LI: I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally.

GROWING UP BINGO

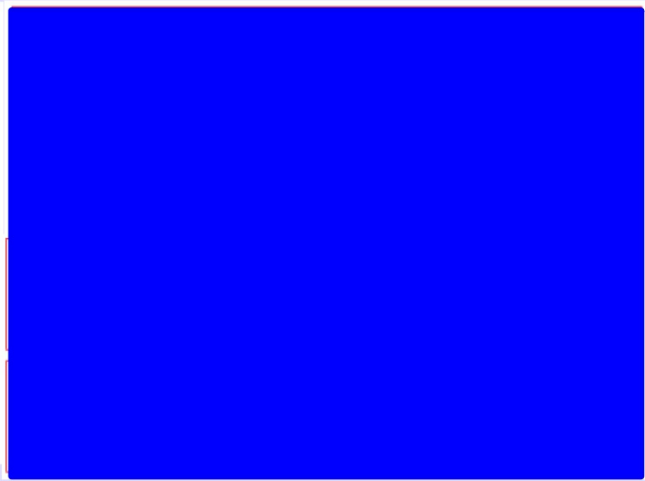
Connect

Write the name of someone who

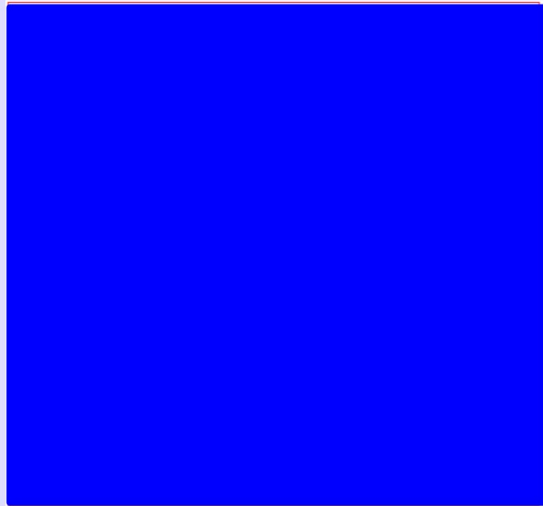
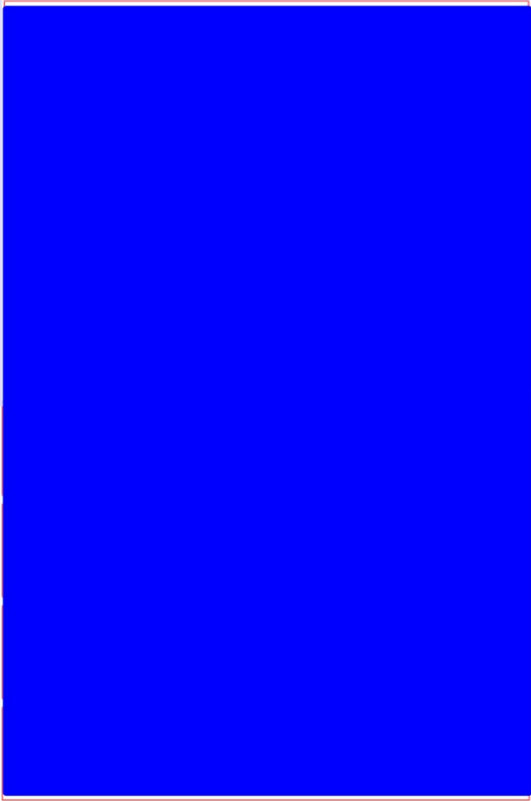
Has an older brother or sister	Has ever tasted an alcoholic drink	Has a tablet or ipad	Thinks they could pass for over 12 at the cinema
Has had a talk with their parents about puberty	Has been on Instagram or Snapchat	Regularly uses make-up or hair gel	Likes playing outside more than playing computer games
Has ever gone out with someone	Admits to eating too many sweets or chips	Has had an argument with their parents in the last week	Thinks they will smoke when they are older
Has a favourite soap they always watch on TV	Has to do chores to earn pocket money	Sometimes reads teenage magazines	Is allowed to choose their own clothes when they go shopping

Puberty Flashcards

I will reveal a word, one at a time, if you think it is something that happens to a female, stand up. If you think it happens to males, sit down. If you think it happens to both, wave your hands.



Puberty Flashcards

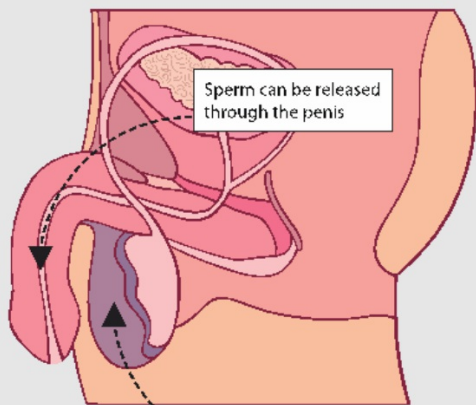


Tell/show me

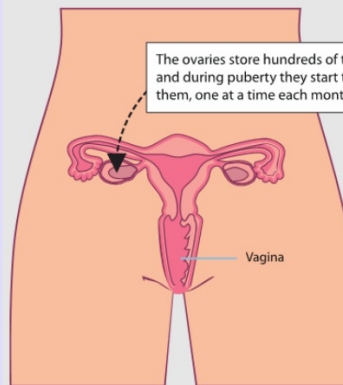
Recap: The Female Reproductive System



Video animation- from Jigsaw community area.
(Jigsaw Animation: The Female Reproductive System)

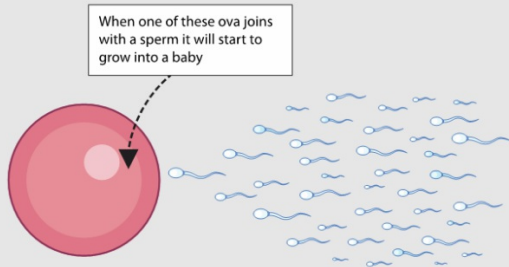


The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing

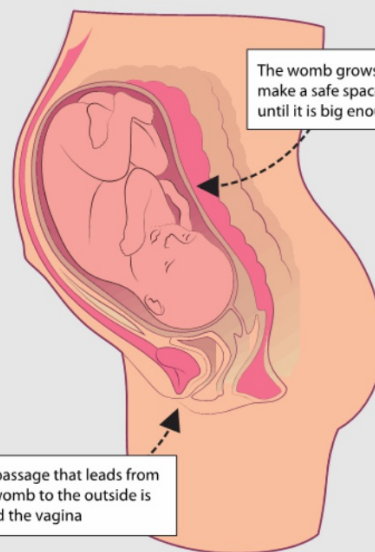


The ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month

Vagina

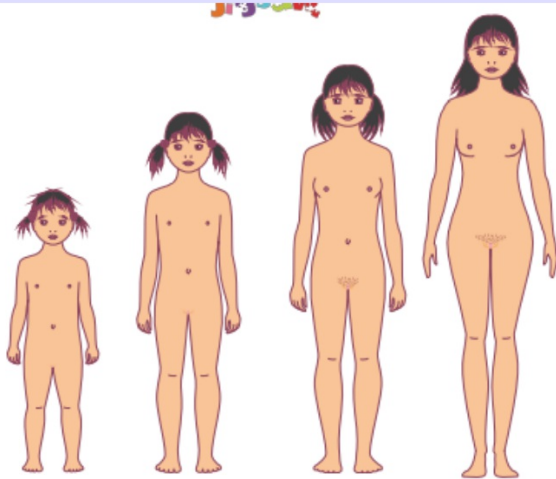


When one of these ova joins with a sperm it will start to grow into a baby

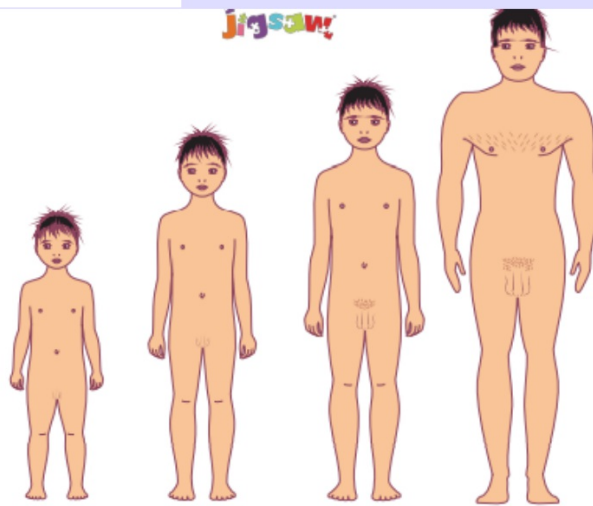


The womb grows and gets ready to make a safe space for a baby to grow until it is big enough to be born

The passage that leads from the womb to the outside is called the vagina



How do our
bodies change?



Truth or Myth?

If you get spots during puberty it's because you have a bad diet.



Girls get hairy legs, just like boys do.



A girl should avoid having baths when she has a period.



Most boys have wet dreams at some time during puberty.



Boys can always control when they get erections.



Boys usually start puberty later than girls.



Truth or Myth?

Masturbation (playing with yourself) is bad for you.



A girl might have one breast bigger than the other.



A girl can't get pregnant before she starts her periods.



There is an age limit for people to have sex.



You can't expect adults to understand what it feels like, going through puberty.



It's normal to have rapid changes of mood during puberty.



Time to talk...

You will each be given a piece of paper.
On there, with your partner or by yourself,
write down a question or worry you have about
puberty. It could just be something you want to
know more about.

Don't write your name on it.
Put it into the box at the front of the room
when done.

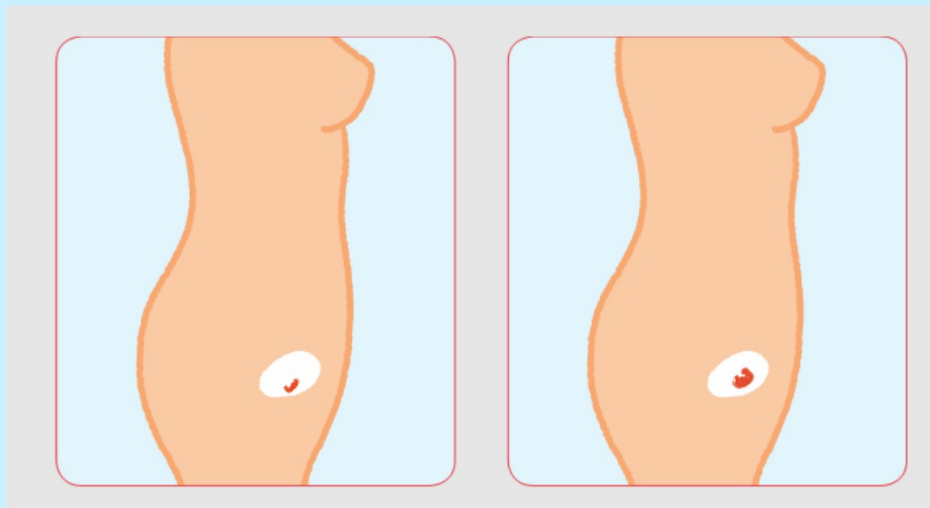
We will go through as many as we can so that
you all fully understand puberty and the
changes.

Year 6- Conception

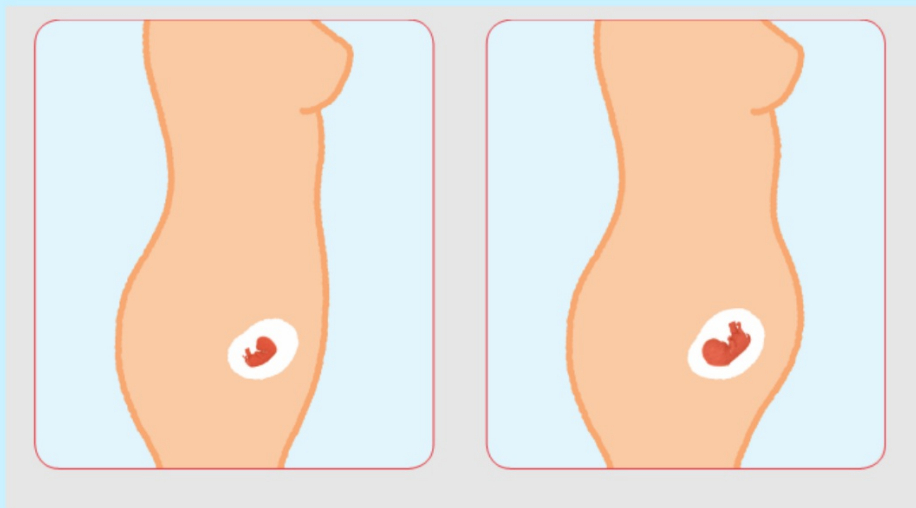
LI: I can describe how a baby develops from conception through the nine months of pregnancy and how it is born.

Open my mind

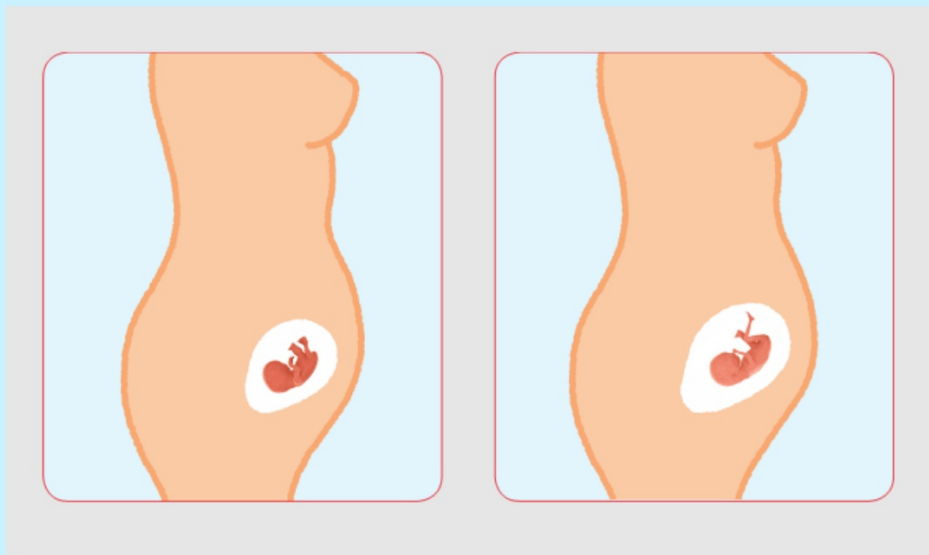
The development of a baby in the womb



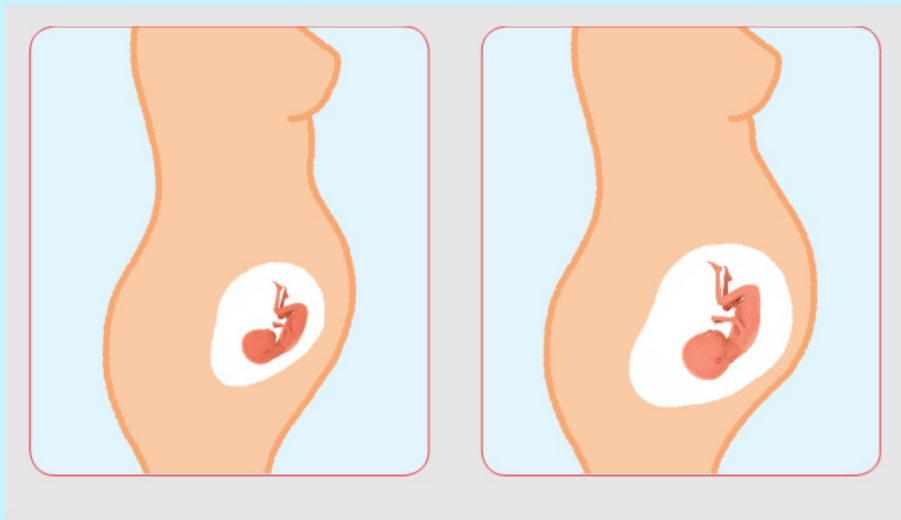
Open my mind



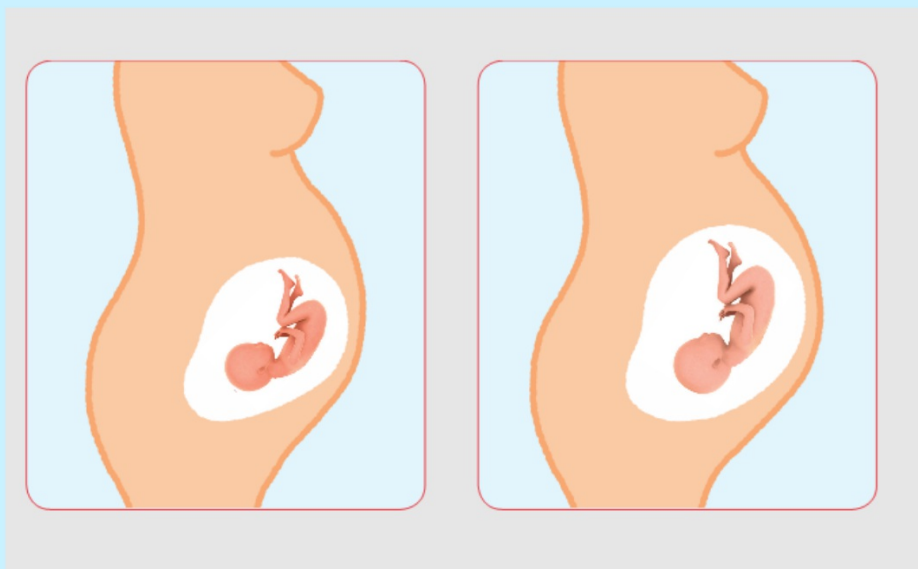
Open my mind



Open my mind



Open my mind



Open my mind

*Scan picture



Tell/show me

True or False?

Changing Me

'Baby Can...' Cards - Ages 10-11 - Piece 3

When I was a baby in the womb I
could wave my hands about

When I was a baby in the womb I
could smile and laugh

When I was a baby in the womb I
could kick my feet

When I was a baby in the womb I
could breathe

When I was a baby in the womb I
could suck my thumb

When I was a baby in the womb I
could make gurgling noises

Let me learn

Find the right words in the box below to fill in the gaps in the story

1. Life begins when a sperm joins with an egg in the fallopian tube and _____ it so that it starts to grow into a baby.
2. The fertilised egg starts to divide from one cell to two, then four, then eight and so on, and the growing cluster of cells travels down the tube towards the mother's _____.
3. The ball of cells settles into the soft lining of the womb, which has thickened with an extra supply of _____ to provide oxygen and food for the baby.
4. As the cells continue to divide some of them form into the tiny beginnings of the baby, and some form a fleshy plate called the _____ which attaches the baby to the wall of the womb.
5. The placenta collects oxygen and food from the mother's blood and passes them to the growing baby through the _____.
6. After a month the baby is about the size of a grain of rice; while it is very tiny the baby is called an _____.
7. For the first 12 weeks the baby grows slowly but it gradually forms all its body parts: after only 6 weeks it already has a tiny _____ which is beating.
8. While it grows the baby is kept safe and protected from bumps and knocks by floating in a bag of _____.
9. After 12 weeks the baby is fully formed and has all its essential _____ but it is still very small, about the length of your thumb.
10. After 6 months the baby is growing fast, it has begun to grow eyelashes and _____ on its head, and its mother can feel it sometimes moving and kicking.
11. In the final months of _____ the baby fattens up, has periods of waking and sleeping and can hear and react to sounds from the outside.
12. By the eighth and ninth months the baby is probably big enough to be able to survive if it was born early, and the mother has a very large, heavy _____ to carry around.
13. In the ninth month the baby is getting quite squashed and doesn't have much room to move: it settles with its _____ down ready to be born.

Let me learn

14. Birth begins when muscles in the womb start to press down on the baby in a series of powerful pushes called _____.
15. Over a period of several hours these contractions get stronger and more frequent, pushing the baby's head against the entrance from the womb to the vagina, which is called the _____, and gradually opening it up.
16. When the cervix is fully open the baby starts to move head first down through the vagina: this is known as the second stage of _____.
17. Now the mother can use muscles that she can control to help the contractions and push the baby down and out of the _____: it's very hard work and a big strain for the mother and the baby.
18. Finally the baby's head is born – this is the largest part and the rest of the body quickly follows: the mother is normally helped through all of this by a specially trained nurse called a _____.
19. The baby is still attached to its mother by the cord, but once it starts breathing for itself (and crying!) the cord can be clamped and cut – the remains of it will eventually shrivel to form the baby's _____.
20. The other end of the cord is connected to the placenta, and a few more contractions help the mother to push this out; now a new, independent life has begun and mother and baby can relax and start getting to know each other. Can you add one more word to describe how you think the mother might be feeling at this stage? _____

head	body parts	umbilical cord		vaginal opening	
fertilises	labour	belly	fluid	placenta	midwife
contractions		hair	embryo	womb	belly button
cervix	pregnancy	heart	blood		

Can I withdraw my child from RSE lessons?

8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the [non-statutory/non-science] components of sex education within RSE.


Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.

Alternative work will be given to pupils who are withdrawn from sex education.

How can I withdraw my child from sex education lessons?

To be completed by the parent/carer			
Name of child:		Class:	
Name of parent/carer:		Date:	
Reason for withdrawing from sex education lessons:			
Any other information you would like the school to consider:			
Parent/carer signature:		Date:	
To be completed by the school			
Agreed actions after discussions with parents			

Where can I find more information?

- The school's PSHE/RSE policy 
- The school's PSHE curriculum 