

YEAR 5: SCHEME OF WORK - PUBERTY AND PERSONAL BOUNDARIES



Key Vocabulary: puberty, physical changes, menstruation, periods, menstrual products, sperm, egg, semen, erection, pubic hair, sweat, breasts, spots, emotional changes, hormones, boundaries, personal space, consent, assertive, kindness, empathy, upstander, fairness, inclusion, self-esteem, identity, stereotypes, peer pressure, support, trusted adult

Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
<p>Lesson 1 Talking about puberty</p>	<p>Learning Intention To learn about the main physical and emotional changes during puberty.</p> <p>Learning Outcomes I can describe the main physical and emotional changes that happen during puberty I can ask questions about puberty with confidence and respect</p>	<p>Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template</p>	<p>Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, 2, 3, 4)</p>
<p>Lesson 2 The Reproductive System</p>	<p>Learning Intention To understand the changes to the reproductive system in puberty.</p> <p>Learning Outcomes I can explain how puberty affects the reproductive organs I can describe what happens during menstruation and sperm production I can talk about how these changes might make people feel.</p>	<p>Reproductive System slides Puberty Changes Teacher Guide Menstrual Cycle animation Male Changes PowerPoint Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Selection of menstrual products</p>	<p>Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, 2, 3, 4)</p>
<p>Lesson 3 Puberty Help and Support</p>	<p>Learning Intention To learn how to care for our bodies and feelings during puberty, and where to find support.</p> <p>Learning Outcomes I can explain how to stay clean and healthy during puberty. I can describe how puberty might affect emotions and friendships. I can name safe places or people I can go to for advice and support.</p>	<p>Kim's Game items Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Problem Page Teacher Guide</p>	<p>Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, 2, 3, 4)</p>
<p>Lesson 4 Respect, Boundaries and Being an Upstander</p>	<p>Learning Intention To understand how respecting ourselves and others helps us to set healthy boundaries and build positive relationships.</p> <p>Learning Outcomes I can show what it looks like to be assertive but kind. I can explain how to set and respect boundaries. I can give one example of how to be an upstander.</p>	<p>Upstander Scenarios</p>	<p>Relationships education Caring friendships (CF 2, 6) Respectful and kind relationships (RR 2, 4, 5, 6, 8, 9)</p>