

Eldersfield Lawn C.E. Primary School P.S.H.E. (Sex, Relationships Education): Changing Me Year 5 and 6

(Cycle 1 Summer 2023)

At Eldersfield Lawn, we use the 'Jigsaw' scheme of learning to teach P.S.H.E and Sex and Relationships education. Jigsaw has a progressive, spiral structure and is taught through a mindful approach. The lessons ensure learning from previous years is revisited and extended, by introducing new concepts, knowledge and skills year on year appropriately. To support parents in understanding the content and delivery of the SRE element for your child's year group/class, we have included the Key Vocabulary from the Changing Me unit of work as well as the objectives we will cover.

Objectives which are covered within this unit of work include:

• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • Know that sexual intercourse can lead to conception • Know that some people need help to conceive and might use IVF • Know that becoming a teenager involves various changes and also brings growing responsibility • Know what perception means and that perceptions can be right or wrong	• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • Know how a baby develops from conception through the nine months of pregnancy and how it is born • Know how being physically attracted to someone changes the nature of the relationship • Know the importance of self-esteem and what they can do to develop it • Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class
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Vocabulary: Body image, Self-image, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Hips, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Fertilised, Unfertilised, Conception, Sexual intercourse, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights.

Negative body-talk, Mental health, Midwife, Labour, Opportunities, Freedoms, Attraction, Relationship, Love, Sexting, Transition, Secondary, Journey, Worries, Anxiety, Excitement.