

To know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them.
 To know and understand life processes common to all humans , including reproduction.
 To know and understand about personal hygiene and safety.

Term	Objectives	Plan	Resources
Summer	Puberty To know the changes that happen physically and emotionally during puberty	Children recap on year 4 work in relation to changes that occur physically and emotionally during puberty. Children recap on the names for male and female body parts. They are introduced to the words foreskin, masturbation and wet dreams.	SENSE DVD KS2 being healthy section - puberty clip Respect yourself p.334
Summer	Menstruation To develop a greater understanding of menstruation	Children learn about periods and develop an understanding of the correct vocabulary. They are reassured that menstruation is normal alongside other physical and emotional changes. Children also consider puberty myths.	SENSE KS2 Respect Yourself p.335/226/337/338/339/340
Summer	Reproduction To understand reproduction	Children learn about reproduction as being part of a loving relationship. They consider words and expressions used to describe sex and relationships. They are reassured that physical and emotional changes are normal.	SENSE KS2 DVD being healthy section 4 sex Section 6 - Your body Section 7 - making babies Respect Yourself p. 341/342/
Summer	Pregnancy	Children learn about the process of pregnancy and how a baby is born.	Expect Respect p.343/344/345/346/347/348/349

Parents may withdraw from lessons highlighted in yellow.