

Carlton Miniott Primary School Sex and Relationship Education Scheme of Work

Year 5

| Theme/learning outcomes | 'I Can' assessment statements | Suggested Resources |
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| <p>Unit 1</p> <p>Preparing for puberty</p> <p>Learning Outcomes</p> <p>Explain how to stay clean during puberty.</p> <p>Describe how emotions change during puberty.</p> <p>Demonstrate how to seek help and support during puberty.</p> <p>Explain the main physical and emotional changes that happen during puberty.</p> <p>Ask questions about puberty with confidence.</p> <p>Explain and ask questions about menstruation and wet dreams.</p> <p>Menstruation education for girls</p> <p>Describe how to manage periods</p> <p>Understand why girls and women</p> | <p>I understand simple, safe routines to prevent the spread of bacteria and viruses</p> <p>I can name and explain male and female body parts, relating to Sex and Relationship Education</p> <p>I know the ways in which boys and girls grow and develop in puberty – physically</p> <p>I recognise, as I approach puberty, how people's emotions change at that time and how to deal with my feelings towards myself, my family and others in a positive way</p> <p>I know where individuals, families and groups can get help and support</p> <p>I can deal positively with my feelings and recognise a range of emotions in others.</p> | <p>Busy Bodies – introduction video https://www.healthpromotion.ie/health/inner/busy_bodies</p> <p>Judy Bloom www.bodyform.co.uk/for-schools free resources</p> |

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| <p>have periods.</p> <p>Know and discuss how to manage periods</p> | | |
| <p>Unit 2</p> <p>Respecting difference</p> <p>Learning Outcomes</p> <p>Understand how our attitudes and values about gender and sexuality may be affected by factors such as age, religion and culture.</p> <p>.</p> <p>Understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour.</p> <p>Understand how name calling and the use of inappropriate words (especially sexual) has a negative impact on others.</p> | <p>I can express my views confidently and listen to and show respect for the views of others</p> <p>I can recognise and challenge stereotypes</p> <p>I know that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability</p> <p>I can describe some of the different beliefs and values in society and demonstrate respect and tolerance towards people who are different from myself</p> <p>I am aware of how the media present information and that the media can be both a positive and negative influence</p> <p>I know where individuals, families and groups can get help and support</p> | |

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| <p>Unit 3</p> <p>Building good relationships</p> <p>Learning Outcomes</p> <p>Explain the similarities and differences between friendships and intimate relationships.</p> <p>Can describe different types of intimate relationship including marriage.</p> | <p>I recognise, as I approach puberty, how people’s emotions change at that time and how to deal with my feelings towards myself, my family and others in a positive way</p> <p>I can deal positively with my feelings and recognise a range of emotions in others</p> | |
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