

# Preston Manor Lower School Relationships, Health and Sex Education

## Year 5

## New Guidance

- ▶ Health and Relationships Education is mandatory in all state-funded Primary Schools starting September 2020
- ▶ Sex Education in Primary Schools remains optional, though in Year 5 and 6, the science curriculum form part of what might be considered as sex education - puberty and reproduction.
- ▶ As parents/carers, you have the right to withdraw your child from all or parts of Sex Education lessons, but not Health and Relationships Education lessons.

# **Sex Education Curriculum**

**The topics below are part of the optional Sex Education lessons (which you have a right to withdraw from):**

- ▶ Fertilisation and IVF - year 6
- ▶ Birth - year 6

**The topics below are considered part of the mandatory Health Education and Science lessons:**

- ▶ Naming body parts
- ▶ Changing adolescent body and puberty
- ▶ Sexual reproduction in animals

You will have the opportunity to look at the content of these lessons, and have a discussion with the teacher, prior to them being taught.

Overview of RHSE Curriculum for **Year 5:**

- ▶ Puberty
- ▶ Adults' Views
- ▶ Children's Views
- ▶ Male and Female Changes
- ▶ Puberty and Hygiene

# Puberty

## What I know about puberty

What emotional and physical changes may boys and girls go through during puberty?  
Fill in the shapes below with your ideas. Darlee has completed the first one for you.

**Armpit hair  
can grow.**



# Growing and Changing

How do we change as we grow? What new things can we do or learn?  
List your ideas below.

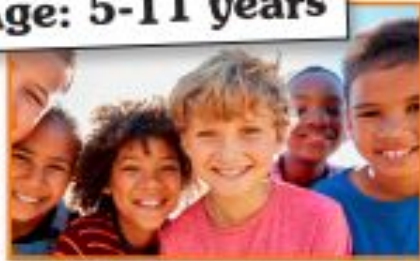
## Male and Female

**Age: 0-5 years**



Four horizontal dashed lines for writing.

**Age: 5-11 years**



Four horizontal dashed lines for writing.

**Age: 11-18 years**



Four horizontal dashed lines for writing.

**Age: 18+**



Four horizontal dashed lines for writing.

