

Year 5 SRE Overview

Lesson 1

- Explore the emotional and physical changes occurring in puberty.
- Explain the main physical and emotional changes that happen during puberty.
- Ask questions about puberty with confidence.
- As a class, discuss the different physical and emotional changes that children experience when going through puberty.
- Establish key facts about puberty through questioning.
- Look at the differences in how the bodies changes through puberty to show that no one is the same and that is perfectly normal.

Lesson 2

- Understand male and female puberty changes in more detail
- Understand how puberty affects the reproductive organs
- Describe what happens during menstruation and sperm production
- Explore what happens during the menstruation cycle both physically and mentally
- Learn about the importance of wellbeing and how to use specific products
- Discuss some of the key changes that happen to boys during puberty, such as sperm production, testicles 'dropping', erections and wet dreams

Lesson 3

- To explore the impact of puberty on the body and the importance of physical hygiene
- To explore ways to get support during puberty
- Explain how to stay clean during puberty
- Describe how emotions/relationships change during puberty
- Know how to get help and support during puberty
- Recap what has been covered through various games and activities
- Problem solving scenarios where children give advice based on what they now know