



Shadsworth Junior School



Curriculum

Year 5 Scheme of Work		
Term: Spring 1		Topic: PSHE
Key Skills and Knowledge:		
<u>Changing me</u> - I am aware of my own self-image and how my body image fits into that. - I know how to develop my own self-esteem. - I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally - I understand that puberty is a natural process that happens to everybody and that it will be ok for me - I can describe how boys' and girls' bodies change during puberty		- I can express how I feel about the changes that will happen to me during puberty. - I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age consent) - I am confident that I can cope with the changes that growing up will bring - I can identify what I am looking forward to when I move to my next class. - I can start to think about changes I will make next year and know how to go about this Do not cover conception – Y6 only
Reading and Writing Opportunities (Long and Short Activities)		
Creative Ideas and Hooks		
- Draw a picture of themselves. Write ten words to describe themselves. Put a sad face next to the negative words and a happy face next to the positive words. Work to boost their self-esteem by working with a friend to change a negative word into a positive. - Carousel of activities exploring menstruation e.g. sequencing pictures and words for menstruation, writing responses to worries about periods, questions about sanitary products.		- Create an information leaflet or powerpoint about puberty and think of possible worries or concerns others may have and address these. - Design a birthday card for someone who is 13 and offer advice regarding possible changes ahead. - In a group, children identify 4 changes in the next 12 months that they are worried about. Make into a spinning top and spin and discuss how they will handle each change.
Links to PSHCE, Equality and British Values Work		
Mutual Respect – Helping to improve another's self-esteem. Learning what themselves and others will experience during puberty. Offering suggestions to others about how best to handle change. Individual liberty – Identifying how they feel about themselves. Identifying how they would handle certain changes. Tolerance of others beliefs – Listening to another person's point of view.		
Key Vocabulary:		Resources Available / Visits/Visitors
Self - esteem Erection Sperm Ejaculation Semen Wet dream Testicles/Testes Facial hair Growth spurt Hormones Puberty Vagina Menstruation Oestrogen Periods Uterus/ womb Sanitary towels Ovary/ Ovaries Tampons		Jigsaw PSHE Scheme
		www.jigsawpshe.com <u>Previous Knowledge:</u> I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.