

Year 5 Jigsaw PSHE content Summer Term 2 Changing Me

This half term, our PSHE covers the topic 'Changing Me'. **This year, Year 5 will learn about puberty and changes to the body but not how a baby can be conceived which they will then learn about in Year 6 before moving on to secondary school.**

If you wish to discuss the content and resources of this curriculum, please do not hesitate to contact your teacher. Please be aware class discussion about puberty may lead to questions arising about how a baby can be made outside of the planned content below. If this happens, it will be approached sensitively with children and further questions may be directed to discussion at home.

Changing Me	
Lesson 1	Self-esteem and body image. How do you feel about yourself and your own body? What do you value about yourself? How can you improve your own self- esteem and body image?
Lesson 2	Puberty for girls – inside and outside changes This includes growth of breasts, development of underarm and pubic hair and menstruation. Children will use drawn scientific labelled diagrams of the female reproductive parts and female body to support this understanding and will use the correct scientific terms such as vulva, vagina, uterus, ovaries.
Lesson 3	Puberty for boys – inside and outside changes This includes growth of facial, underarm, and pubic hair, a deepening voice and growth in size of testicles. Children will use drawn scientific labelled diagrams of the male reproductive parts and male body to support this understanding and will use the correct scientific terms such as penis, testicles, testes, semen, sperm.
Lesson 4	Puberty – single sex sessions Children will have single sex sessions this week to enable them to ask any questions regarding puberty they may have. Girls will also learn in a little more detail about sanitary protection.
Lesson 5	Managing feelings around changing bodies and growing up Children will have the opportunity to consider how they feel about changes they can control and changes they cannot. They will also learn what to do if
Lesson 6	Feelings around change and transition Children will think about changes that may be coming in the year ahead and how they feel about moving on into a new year group