

Year 5 Relationships and Sex Education Overview  
Lesson by lesson

Year 5	
	<p>I am aware of my own self-image and how my body image fits into that.</p> <p><i>Self-esteem and being happy in your own body.</i></p>
	<p>I can explain how a girl's / boy's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p><b>*TAUGHT AS SINGLE SEX GROUPS*</b></p> <p><i>Girls - body changes including menstruation.</i> <i>Boys - body changes into puberty.</i> <i>Both - feelings and emotions during puberty.</i></p>
	<p>I can describe how boys' and girls' bodies change during puberty.</p> <p><b>*TAUGHT AS SINGLE SEX GROUPS*</b></p> <p><i>Questions and misconceptions about puberty.</i></p>
	<p>I understand that conception is when the male sperm and female egg join together.</p> <p>I also understand that this is called sexual intercourse.</p> <p><i>"Healthy" happy relationships and the different kinds.</i> <i>Male and female are needed for conception to happen.</i> <i>Sexual intercourse is when the male sperm and the female egg join together.</i></p>
	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).</p> <p><i>What does being a teenager mean? Preconceptions.</i> <i>What responsibilities will it bring?</i> <i>What are you looking forward to about growing up?</i></p>
	<p>I can identify what I am looking forward to when I am in Year 6.</p> <p><i>Changes as we move to Year 6.</i> <i>What will change? How might we feel?</i></p>