

Friday 18<sup>th</sup> June 2021

Dear Year 5 Parents/Carers,

**Re: Personal, Social, Health and Economic Education**

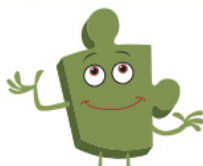
We follow the Jigsaw scheme for personal, social, health and economic education and this half term the theme is 'changing me'.

Children will learn about how we change as we grow older, the differences between boys and girls and also about relationships. For some of the lessons, boys and girls will be taught in separate groups.

Below is a table showing what the children will be learning during this half term's lessons. Some of the content is more detailed than we have taught in previous years but necessary to meet the requirements of the compulsory relationships education which the government introduced this year.

**Changing Me Puzzle Map - Ages 9-10**

| Piece (lesson)                                     | RSHE guidance reference              | PSHE Learning Intentions   | Social and Emotional Skills Learning Intentions  |
|--|--------------------------------------|--|--|
| 1. Self and Body Image                             | R15, R25, R26, R27, H5, H6, H10, H18 | 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   |
| 2. Puberty for Girls                               | H34                                  | 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 |
| 3. Puberty for boys                                | H2, H3, H34                          | 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                       |
| 4. Conception                                      | H34                                  | I understand that sexual intercourse can lead to conception and that is how babies are usually made<br><br>I also understand that sometimes people need IVF to help them have a baby | I appreciate how amazing it is that human bodies can reproduce in these ways                           |
| 5. Looking Ahead 1<br>Puzzle Outcome: Change Cards | H4, H34                              | I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)   | I am confident that I can cope with the changes that growing up will bring                             |
| 6. Looking Ahead 2                                 | H1, H4                               | 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.                |



Please speak to your child's class teacher if you would like further information.

Yours sincerely,

Mr Sunner  
Executive Head Teacher

Mr Downs  
Head of School