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Success

# Old Basford School

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## Year 5 RSHE Lessons

Dear Parents and Carers,

You will be aware that, as a part of your child’s educational experience at Old Basford School, we aim to promote personal wellbeing and development through a comprehensive programme of Personal, Social, Health and Economic (PSHE) education. Now more than ever before it is vital that we give children the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

### What will the lessons cover?

Here is an outline of the learning outcomes from Year 5 RSHE:

	Learning outcome
Year 5 RSHE	<p><b>Lesson 1</b> To 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</p> <p><b>Lesson 2</b> To understand male and female puberty changes in more detail Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes</p> <p><b>Lesson 3</b> 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 change during puberty Know how to get help and support during puberty</p>

These lessons will be taught week beginning 10<sup>th</sup> June. Please be rest assured that this content will be delivered in a way that is age and developmentally appropriate and sensitive to the needs and religious background of the children. Resources used for the lessons are available on request from the Year 5 teachers.

If you have any queries please speak to a member of the Year 5 team or the PHSE Lead.

Many thanks for your continued support,

The Year 5 Teaching Team

