



Ribbon Academy
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Mrs A Sheridan (Head teacher)
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Monday 19th May 2025

Year 5 PSHE (Changing Me)

Dear Parent/Carer,

Over the coming term, Year 5 will begin the Relationship and Sex Education (RSE) work. Relationship & Sex Education became a statutory part of the National Curriculum in September 2020.

The Curriculum focuses on the human life cycle and differences between boys & girls. The children will also spend time learning about the human body, including the scientific names for male and female reproductive organs.

A full overview of your child's planned learning can be found on the following page.

If you have any questions about your child's RSE work, please contact either myself or Miss Hutchinson via Main Reception. Mrs Maddison will also be able to provide support materials for parents/carers to discuss age appropriate RSE in the home.

Kind regards,

Mr S Houghton
Deputy Head Teacher

Year 5 Curriculum Content

Weekly Celebration	Pieces	PSHE learning intention	Social & Emotional development learning intention
Understand that everyone is unique and special	Self and Body Image	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.
Can express how they feel when change happens	Puberty for Girls	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.
Understand and respect the changes that they see in themselves	Puberty for boys	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.
Understand and respect the changes that they see in other people	Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made. 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.
Know who to ask for help if they are worried about change	Looking Ahead 1 Puzzle Outcome: Change Cards	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.
Are looking forward to change	Looking Ahead 2	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.