



Year Five RSE Information



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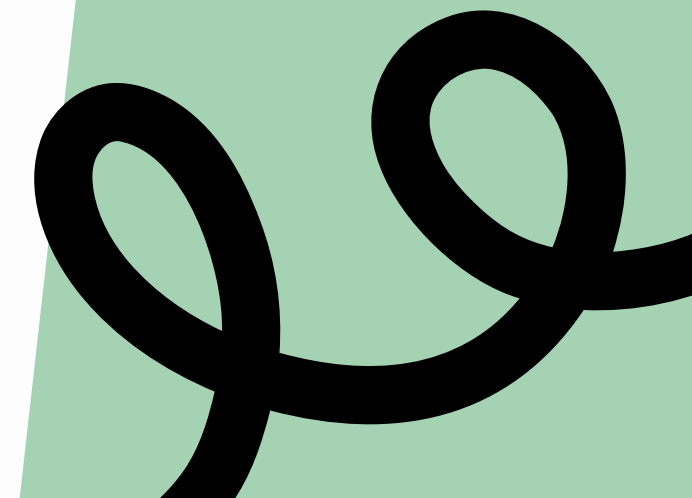
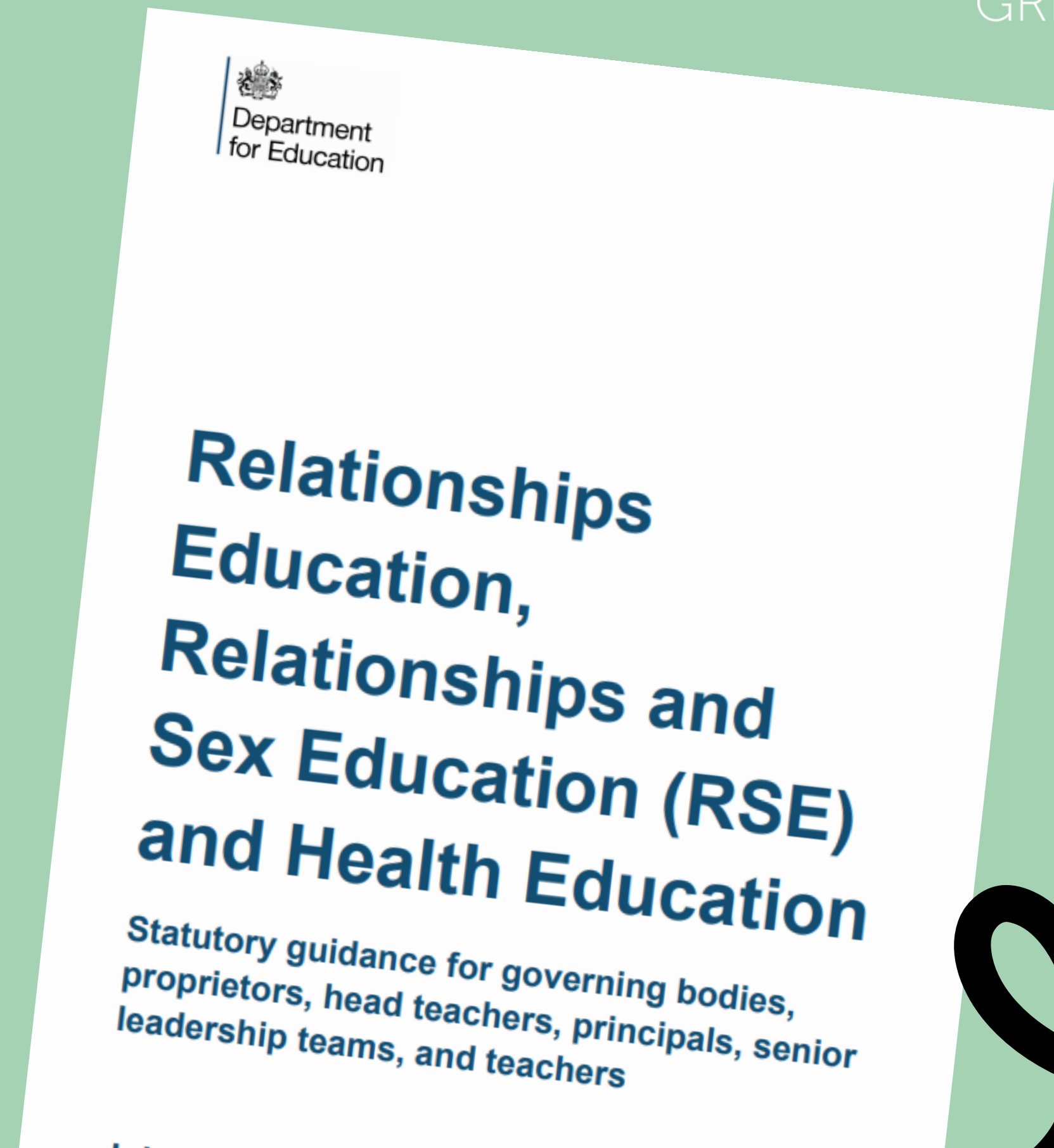


Statutory requirements

Relationships Education and Health Education became statutory in all primary schools in September 2020, as outlined in the DfE's statutory guidance for Relationships, Sex and Health Education. Updated guidance was published in 2025 and will be implemented from September 2026.

These subjects are a statutory entitlement for all children. This means that whilst we highly value parental views and take these into account when planning and reviewing our curriculum, parents cannot withdraw children from Relationships or Health Education content. However, parents do retain the right to request withdrawal from specific non-statutory Sex Education lessons.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



Lesson One: Self Image and Body Image

Lesson overview

- I understand that everyone is unique and special
- 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

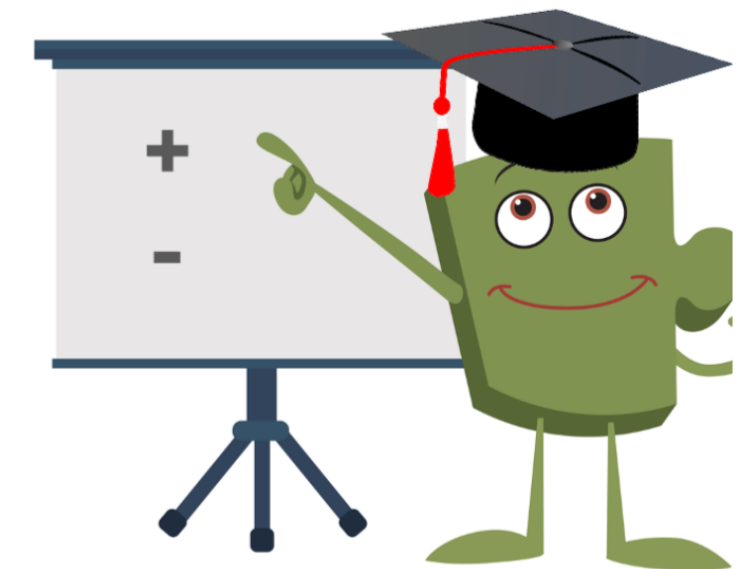
Key Vocabulary

- Self
- Self-image
- Body image
- Self-esteem
- Perception
- Characteristics
- Aspects
- Affirmation

Examples of lesson content



**Transforming
Negatives**



Lesson Two: Puberty for Girls

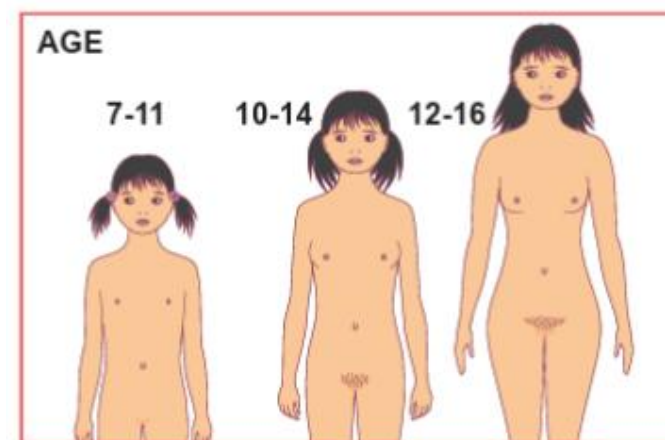
Lesson overview

- 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

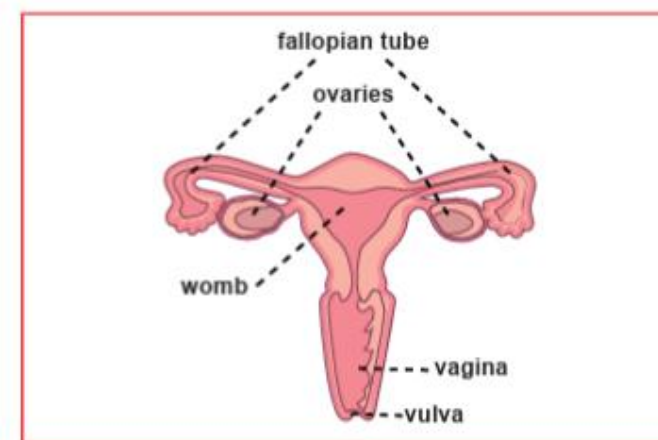
Key Vocabulary

- Puberty
- Menstruation
- Periods
- Menstrual towels
- Menstrual pads
- Menstrual cups (mooncups)
- Tampons
- Ovary/ Ovaries
- Vagina
- Oestrogen
- Vulva
- Womb/Uterus
- Hormones

Examples of lesson content



A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

My Mum has told me what to expect when my periods start, but I'm worried what will happen if they start while I am at school. I won't know who to talk to or how to get the stuff I need, and it could be really embarrassing.

I am a really keen swimmer and I also do a lot of dancing and other sports. It bothers me that when my periods start they'll interfere with all my activities and I won't be able to do what I want when I want.

Help! I've been told that when your periods start they go on until you are in your fifties. Am I really going to be bleeding for all that time?

Some of my friends say they would rather use tampons than pads or towels when their periods start. But I don't like the idea of putting something inside myself.

Please note: This is a puberty lesson and is therefore part of statutory Primary health and well-being content in England – specifically part of the Developing Bodies content. There is no sex education in this lesson, so parents do not have the right to withdraw their child(ren) from this lesson.

Lesson Three: Puberty for Boys

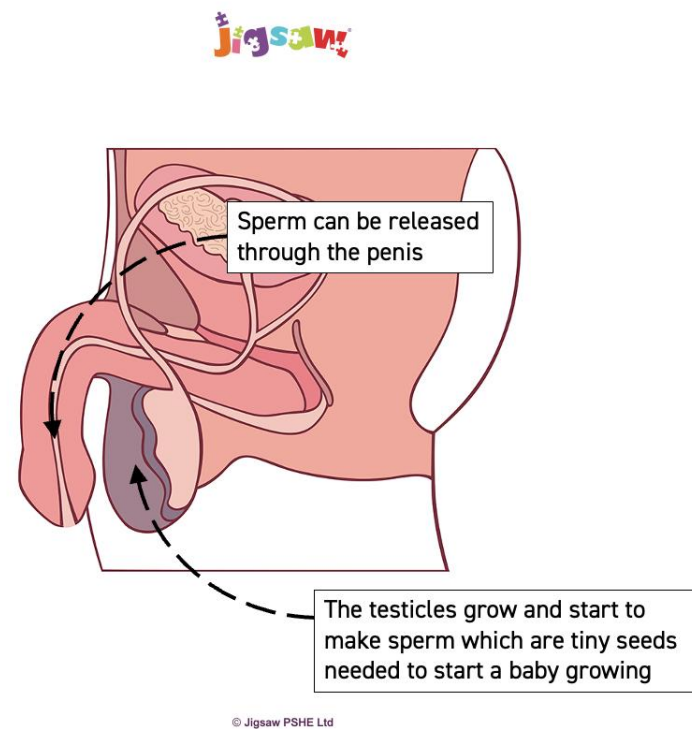
Lesson overview

- 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

Key Vocabulary

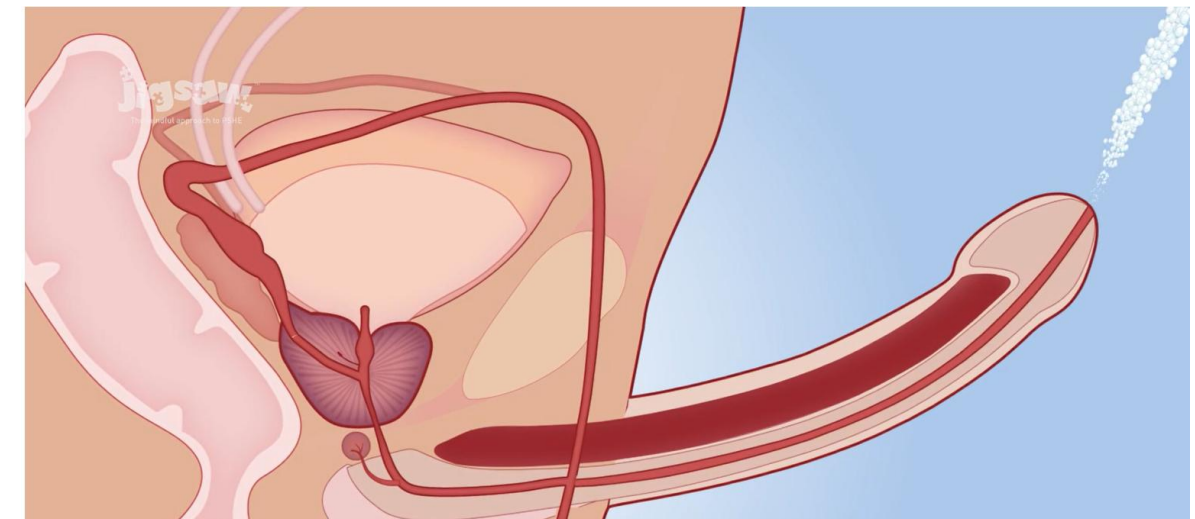
- Puberty
- Sperm
- Semen
- Testicles/Testes
- Erection
- Ejaculation
- Wet dream
- Larynx
- Facial hair
- Growth spurt
- Hormones

Examples of lesson content


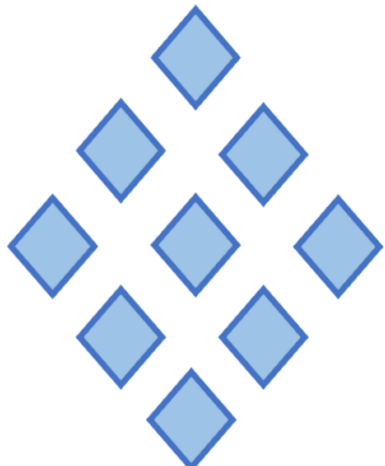
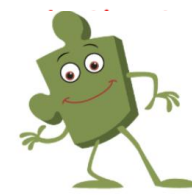
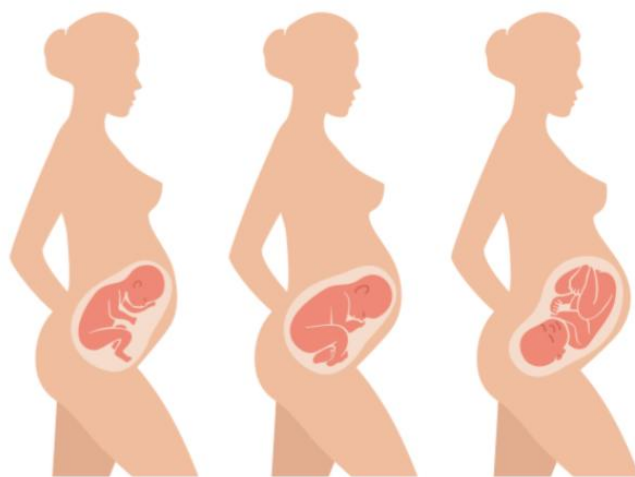


Changing Me
Boys 'n' Puberty Quiz - Ages 9-10 - Piece 3

Sperm	Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum
Semen	The release of semen from a boy's or man's body while he is asleep at night - it's a normal part of sexual development
Testicles or Testes	The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper
Erection	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty
Ejaculation	A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly
Wet dream	Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby
Larynx	When a man or boy's penis fills with blood and goes hard, usually because he's feeling sexually excited, but, when growing up, it can happen for no particular reason
Facial Hair	A milky liquid in which the sperm are mixed when they are released from a man's body through the penis
Growth Spurt	Hair that starts growing on a boy's face during puberty - if not shaved, it will grow into a moustache and beard
Hormones	The release of sperm and semen through the penis - it goes with a climax of nice feelings called an orgasm



Lesson Four: Conception

Lesson overview	
<ul style="list-style-type: none"> 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 	
Key Vocabulary	Examples of lesson content
<ul style="list-style-type: none"> Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF) 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Before a couple decides to have a baby, they should _____</p> <ul style="list-style-type: none"> Sexual Intercourse Having sex Making love  </div> <div style="width: 50%;"> <p>Most important</p>    </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 30%; border: 1px solid red; padding: 5px;"> <p>If a couple makes love, it doesn't necessarily mean they will have a baby.</p> </div> <div style="width: 10%; border: 1px solid red; padding: 5px; text-align: center;"> <p>True</p> </div> <div style="width: 60%; border: 1px solid red; padding: 5px;"> <p>If people want to make love but not start a baby they can use various forms of contraception to stop the sperm and the egg meeting. Also, there are many days each month when there is no egg in the fallopian tube for the sperm to fertilise, and even when fertilised the egg might not successfully implant itself in the womb.</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 30%; border: 1px solid red; padding: 5px;"> <p>Fertilisation happens when the sperm meet the egg in the vagina.</p> </div> <div style="width: 10%; border: 1px solid red; padding: 5px; text-align: center;"> <p>False</p> </div> <div style="width: 60%; border: 1px solid red; padding: 5px;"> <p>Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.</p> </div> </div>

Parents have a right to withdraw their children from this lesson as it is classed as Human Reproduction

Lesson Five: Looking Ahead 1

Lesson overview

- 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.

Key Vocabulary

- Teenager
- Milestone
- Perceptions
- Puberty
- Responsibilities
- Consent

Examples of lesson content



What messages are being given about being a teenager or young adult?

Stereotypes



Lesson Six: Looking Ahead 2

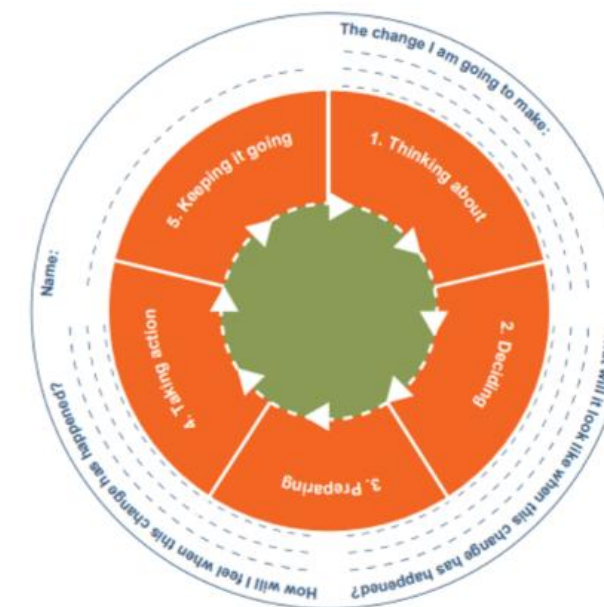
Lesson overview

- 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.

Key Vocabulary

- Change
- Hope
- Manage
- Cope
- Opportunities
- Emotions
- Fear
- Excitement
- Anxious

Examples of lesson content



My Circle of Change

