



Coleman Primary School

Key Knowledge Organiser:

PSHE – Relationship and Sex Education

During this topic most children will be able to:

- Know and understand the appropriate scientific names for the external and internal sexual parts of the body.
- Understand the main changes that happen at puberty, know some ways to manage them, and how it affects people differently.
- Have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others.
- Understand the importance of washing regularly and of maintaining other hygiene routines during puberty.

Year 5- Summer 2

Key Vocabulary

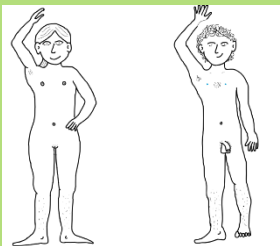
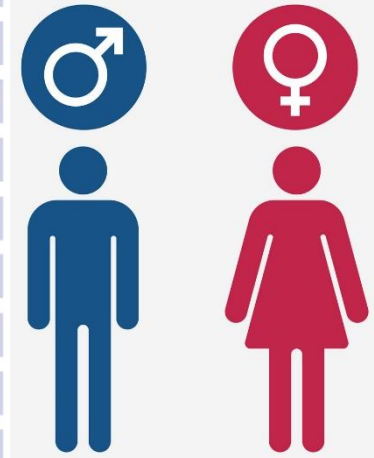
Puberty	The period of time when adolescents reach sexual maturity.
Hormones	Can be affected by mood or behaviour
Emotional changes	Changes which concern your feelings
Physical changes	Changes which happen to your body
Personal hygiene	Cleanliness of the body and proper maintenance of personal appearance.
Sexual body parts	Parts of the male and female body which mature during puberty
Menstruation	This stage is commonly called a 'period'

Images:



Ground Rules for RSHE

- G** Giggling is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.



PSHE skills learned prior to this unit:

- Male and female bodies
- Talking about bodies
- Valuing the body's uniqueness & capabilities
- Responsibilities for hygiene
- Preventing spread of illnesses

PSHE skills learned during this unit:

- Names of sexual parts
- Puberty
- Physical and emotional change
- Menstruation
- Developing body image
- Changing hygiene routines
- Viruses and bacteria