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**Executive Headteacher – Mrs P Atwal**

Friday 23<sup>rd</sup> May 2025

Dear Parents/Carers

Over the next few weeks, as part of our PSHE and RSE curriculum on Growing and Changing, the Year 5 children will be learning about puberty and the changes that occur in their bodies. This is part of our commitment to provide pupils with the knowledge and skills they need to keep themselves safe, make healthy choices, develop respect for themselves and others, and to help them form positive and healthy relationships.

Please see below, the progression of this unit of work through Key Stage 2. You will receive a letter each year regarding this before the sessions take place.

Growing and changing unit	Taught lesson objectives
Year 3	<ul style="list-style-type: none"> <li>• Everyone is individual and unique and can make valuable contributions.</li> <li>• To recognise how strengths and interests form part of a person's identity</li> <li>• Personal strengths and interests, in and out of school.</li> <li>• Common challenges.</li> <li>• The human life cycle and how people grow from young to old.</li> <li>• How our needs and bodies change as we grow up.</li> <li>• To name the main parts of the body including external genitalia (e.g., vagina and penis)</li> <li>• The importance of revisiting and recapping on the NSPCC PANTS Campaign.</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>• Name external genitalia</li> <li>• The importance of personal hygiene routines, including washing regularly and wearing deodorant when required.</li> <li>• How to recognise, respect and express their individuality and personal qualities.</li> <li>• Ways to boost their mood and improve emotional wellbeing.</li> <li>• About the link between participating in interests, hobbies and community groups and mental wellbeing.</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>• Name external genitalia and reproductive organs.</li> <li>• What is personal identity?</li> <li>• How puberty changes can affect emotions and feelings.</li> <li>• Your body belongs to you.</li> <li>• Questions about puberty and change, including periods and wet dreams.</li> <li>• The importance of personal hygiene routines.</li> <li>• Discussing the challenges of puberty with a trusted adult.</li> <li>• How to get information, help and advice about puberty.</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>• Recognise some of the changes as they grow up e.g., what it feels like to become more independent.</li> <li>• Managing transition and change as they move to secondary school.</li> <li>• Practical ideas to manage change e.g., to practise bus route and think about daily organisation skills.</li> <li>• Name external genitalia and reproductive organs</li> <li>• How puberty changes can affect emotions and feelings.</li> <li>• Questions about puberty and change, including periods and wet dreams.</li> <li>• Discussing the challenges of puberty with a trusted adult</li> <li>• How to get information, help and advice about puberty.</li> </ul> <p>Sex education:</p> <ul style="list-style-type: none"> <li>• To identify the links between love, committed relationships and conception</li> <li>• What sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults</li> <li>• How pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb</li> <li>• Pregnancy can be prevented with contraception.</li> <li>• Responsibilities of being a parent or carer and how having a baby changes someone's life.</li> </ul>

If you would like to discuss these lessons and see the resources we will be using, please contact me through the school office.

Kind regards

Mrs Reckless

Subject Lead for Personal, Social and Health Education and Relationships, Sex and Health Education