


# Medium Term Planning

## Year 5

## Summer term

 <p><b>Letter sent home to parents at least a week before that explains what we will be discussing. (boys included?)</b></p>		<p><b>Learning Objectives:</b></p> <p>I can identify external genitalia and reproductive organs</p> <p>I can explain the physical and emotional changes during puberty</p> <p><b>I can discuss the key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams</b></p> <p>I can identify strategies to manage the changes during puberty including menstruation and who to go to for support (trusted adults).</p> <p>I can discuss the importance of personal hygiene routines during puberty including washing regularly and using deodorant</p>	<p><b>Unit Skills:</b></p> <p>I can identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction</p> <p>I can explain the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams) and who to go to for advice and support</p> <p>I can explain how hygiene routines change during the time of puberty and how to maintain good personal hygiene</p> <p><b>Vocabulary:</b></p>	
	I can...	Suggested learning opportunities	Evaluation	Resources
Lesson 1/2	<p><b>I can identify external genitalia and reproductive organs</b></p> <p>I can explain the physical and emotional changes during puberty</p> <p>I can discuss the importance of personal hygiene routines during puberty including washing regularly and using deodorant.</p>	<p>Medway lesson 1 - this lesson looks at the external physical changes that happen in puberty. The children have the chance to explore the scientific names for the different body parts and how puberty may happen and different times for different people.</p> <p>Medway lesson 3 - this session helps the children understand the importance of personal hygiene during puberty. It also provides an opportunity for children to ask any questions about puberty and the physical changes that may happen.</p>		Medway lessons year 4/5 - lesson 1

<p>Lesson 3/4</p>	<p>I can discuss the key facts about the menstrual cycle and menstrual wellbeing, <b>GIRLS ONLY ^</b> <del>erections and wet dreams</del></p> <p>I can identify strategies to manage the changes during puberty including menstruation and who to go to for support (trusted adults).</p>	<p>Medway lesson 2 - in this session pupils explore the scientific vocabulary for external and internal male and female body parts. They also will gain an understanding about menstruation, ejaculation and wet dreams. There are lots of useful videos included within the lesson plan to help aid discussions and explanations.</p> <p>Period leaflet- a good cartoon style leaflet produced by the NHS for young girls explaining everything about periods and how to deal with them.</p>		<p>Medway lessons year 4/5 - lesson 2</p> <p>This website provides lots of helpful videos and resources for menstruation. <a href="https://www.ed.ac.uk/centre-reproductive-health/hope/resources-for-teaching">https://www.ed.ac.uk/centre-reproductive-health/hope/resources-for-teaching</a></p> <p>Period leaflet</p> <p>A short video showing pupils interviewing adults about physical changes in puberty and who to go to for support. <a href="https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7">https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7</a></p>
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