

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSHE. We access the PSHE Association for lesson plans to assist our teaching and learning where applicable.

No Outsiders



Autumn 2

Relationships

Puberty & Reproduction

New Knowledge:

- Changes for both males and females include: The body starts to grow; private parts (genitals) grow and develop; moods and feelings can change a lot; the body sweats more and smells differently; body hair grows darker and stronger (on arms and legs); pubic hair grows; armpit hair grows.
- Spots can appear on the face and shoulders; skin can become oily; hair may become greasy; sexual feelings can develop. – sexual feelings should be managed respectfully and consensually.
- Female changes include: periods start; ovaries begin to release eggs (ovulation); breasts and nipples grow; nipples may darken in colour; hips get broader; a white discharge comes out of the vagina; bones get heavier; the voice deepens a little.
- Male changes include: Shoulders and chest grow and develop; muscles get thicker; the voice deepens and 'breaks'; facial hair grows; chest hair grows; sperm and semen start being produced; wet dreams may start; erections happen; the testicles 'drop'.
- There are two ovaries – they are connected to the uterus by the fallopian tubes.
- The ovaries contain the female sex cells which are called eggs or ova.
- The uterus is sometimes called the womb.
- If a female chooses to have a baby the uterus is where the baby develops.
- The vagina is the passageway that connects the uterus to the outside of the body.
- The penis usually is soft and hangs down. Sometimes the penis becomes hard and stands out from the body. This is called an erection.
- There are two testicles behind the penis – they are held in a sack of skin called the scrotum.
- During puberty the testicles start to produce the male sex cells which are called sperm.

Key Vocabulary:

- Womb
- Sperm
- Egg
- Conception
- Fertilisation
- Pregnancy
- sexual intercourse
- Twins
- Fostering
- Adoption
- Relationship
- Friendship
- Love
- Consent
- Intimacy
- Communication
- personal/private information
- internet safety
- Peer-on-peer abuse
- Sexual harassment
- Taunting

