

**Year 5**  
**PSHE Knowledge Organiser- RSE**

<b>Key Enquiry Questions:</b>	
What are the functions of the sexual body parts and what changes can I expect at puberty?	<ul style="list-style-type: none"> <li>• Children know and understand the appropriate use of the scientific names for the external and internal sexual parts of the body, and are able to explain basic functions.</li> <li>• Children are able to describe some emotions associated with the onset of puberty and have strategies to deal with these positively.</li> <li>• Children understand that puberty affects people in different ways both physically and emotionally</li> <li>• Children understand the main changes that will happen at puberty, know some ways to manage them, and how it affects people differently.</li> </ul>
What is body image and how can I support positive body image?	<ul style="list-style-type: none"> <li>• Children have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others.</li> </ul>
How can I keep healthy, and how can diseases be spread?	<ul style="list-style-type: none"> <li>• Children understand the importance of washing regularly and of maintaining other hygiene routines during puberty.</li> <li>• Children understand ways they can prevent the spread of common diseases, and have a rudimentary understanding of HIV.</li> </ul>
How are babies made?	<ul style="list-style-type: none"> <li>• Children are able to describe the main stages of how a baby is made, using some scientific vocabulary.</li> </ul>
What responsibilities do I have towards others?	<ul style="list-style-type: none"> <li>• Children understand that the way they behave affects others and that they have some responsibility to others to make sure they are not hurt needlessly.</li> </ul>
What are loving relationships?	<ul style="list-style-type: none"> <li>• Children can describe some characteristics of a loving trusting relationship.</li> <li>• Children understand some basic reasons why a couple might choose to have children.</li> <li>• Children show awareness of some family arrangements which are different from theirs.</li> </ul>

<b>Key Vocabulary</b>	
puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
hygiene	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.
HIV	Human Immunodeficiency Virus, a retrovirus which causes AIDS.
reproduction	The production of offspring by a sexual or asexual process.
responsibility	A moral obligation to behave correctly towards or in respect of.
relationship	The way in which two or more people or things are connected.
trust	Firm belief in the reliability, truth, or ability of someone.

<b>Unit Information</b>
When teaching Sex and Relationships Education it is advisable to establish 'ground rules' with the children such as using appropriate language or not asking personal questions. This helps to create a safe environment in which teachers and children are not anxious about unintended or unexpected questions or comments. Distancing techniques such as role play and case studies with invented characters help to de-personalise discussions.