
Kingsfleet Primary School

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Headteacher : Mrs K E Beattie BEd (Hons)

9th March 2018

Year 5 Personal, Social and Health Education

During the week beginning 19th March the children in Year 5 will be covering the sex and relationships strand of the year 5 Personal, Social, Health and Economic Education (PSHEE) element of the Curriculum.

Key Stage 2

PSHEE – Puberty

Knowledge

- To recognise the external body changes associated with puberty.
- To understand that change happens to everyone and is part of growing up.
- To know that change will affect emotions and feelings and that these will have impact on their lives.
- To be aware of the range of feelings and emotions that they will experience including different types of love.
- To understand the importance of caring for each other within peer relationships.
- To recognise the individual needs of others who are younger than themselves.
- To understand how to behave appropriately when caring for others who are younger than themselves.

Skills

- Strategies to cope with a range of situations.
- The ability to express their feelings and emotions.
- Making informed decisions.

Values and Attitudes

- Positive self-esteem and self-image.
- Empathy with others.
- Willingness to try and understand the feelings and behaviours of others.

Science

- To be able to describe the changes as humans develop to old age.

After the sessions, you may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues such as those above (puberty and the emotional changes which they might experience) as the work is covered in school.

If you have any questions regarding the above, please do not hesitate to contact me.

Yours sincerely

Mrs Wheeler
Class teacher

