

- **RSE: Year Five 'A JOURNEY IN LOVE'**

National Curriculum Links:

Science

Living things and their habitats

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals.

Animals, including humans

- describe the changes as humans develop to old age.

Sequence of learning: God loves us in our changing and developing.

<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
Social and Emotional To show knowledge and understanding of emotional relationship changes as we grow and develop.	Physical To show knowledge and understanding of the physical changes in puberty.	Spiritual To celebrate the joy of growing physically and spiritually.
• List any behaviour changes you recognise as you are growing and developing. • Do you think these changes have affected any friendships, and how?	• How do we recognise the emotional, internal and external changes that happen during puberty? • Discuss the physical changes that take place during puberty. Discuss how it is normal for children to go through these changes at different times.	• What does it mean to grown holistically, e.g. physically, socially, emotionally, intellectually and spiritually?
• Are there ways you are becoming more sensitive to your emotional development and that of others? • List some social and emotional changes and how these might present themselves within	• Why do you think we might need to change our hygiene routines during the time of puberty: why is it important to keep clean and maintain a good personal hygiene?	• Think of reasons why each of the following are important in our lives... • Parental love, romantic love, affectionate love, selfless love and sexual love. • Are there ways and means we can ensure each aspect happens healthily?

friendships e.g. easily embarrassed, need for privacy etc.		
- If a friend was struggling with their self-confidence and self-esteem, what would you advise them to do? - Design an A5 pamphlet with information on how to seek for help and advice for yourself or others?	How do we know what physical contact is appropriate, inappropriate or unsafe? Can this be extended to other forms of contact and what these might be?	What difficulties might you face as your body changes and grows?
- Where would you go and/or who would you go to for advice or to report concerns about yourself or on behalf of a friend because you are worried about being unsafe or concerned for your own mental health and wellbeing? How can this translate to keeping safe on-line? - Consider how to recognise and report feelings of being unsafe, feeling threatened: feeling anxious due to the way you are being treated by an adult.	As we grow and change, how do we recognise the God of love who journeys with us?	- God's love surrounds you always and His Holy Spirit guides and protects you. How will this help you to be respectful of your own body and help you to be courageous in the face of changes? - Create a pieces of artwork that depicts yourself in the flourishing image of God that He created you to be.
- Pause and Reflect with Reflective Music - Prayer 'Take my hands'	- Pause and Reflect with Reflective Music - Prayer 'Take my hands'	- Pause and Reflect with Reflective Music - Prayer 'The Prayer of St Teresa of Avila'

Key vocabulary:

God	period	uterus
sensitivity	womb	Change
puberty	cervix	develop
presence	vulva	ovulation
celebrate	vagina	biological
external	fallopian tube	respect
internal	fertilised ovum	hormones
	pituitary gland	Menstrual cycle