

Relationships and Sex Education – Year 5

July 2021

Dear Parents/Carers,

As part of our Personal, Social and Health Education (PSHE) curriculum, and in line with our Relationship, Health and Sex Education (RSE) policy, class teachers will be delivering a series of lessons in the Summer Term. These will cover a range of topics through the Cambridgeshire Primary Personal Development Programme. We feel that this scheme of work has been carefully designed taking into consideration age-appropriate materials which are well matched to meet the needs of our pupils at Oakington C of E Primary School. This curriculum incorporates the Relationships Education and Health Education guidance, whilst also supporting the Science National Curriculum. The sessions will be conducted in a safe, trusting and secure environment.

As Sex Education is not statutory, some lessons can be opted out of. Our programme in Year 5 is tailored to the age and needs of the children.

Please see below the overview for each lesson:

Learning Objectives	Vocabulary
What are male and female sexual parts called and what are their functions?	Puberty, period, menstruation, cervix, labia, fallopian tube, clitoris, ovary, ovum, vulva, vagina, uterus, womb, penis, testicle, testes, Sperm, sperm duct, urethra, pubic hair, voice breaking
How can I talk about body parts confidently and appropriately?	See above
What happens to different bodies at puberty?	sanitary towel, tampon, body odour, deodorant
What might influence my view of my body?	
How can I keep my growing and changing body clean?	
How can I reduce the spread of viruses and bacteria?	

For further information, a copy of our RSE policy is available to view on our website along with the lesson plans (RSE Scheme of Work). If you have any further questions, please speak to your child's class teacher.

Thank you for your continued support.

Yours sincerely,
Oakington C of E Primary School