



Jerry Clay Academy
Subject Unit Overview

Subject: PHSE Year Group: 5 Term: Spring 1

Core Learning of This Unit: Growing and Changing

- Relationships – Physical contact
- Confidentiality and keeping 'secrets'.
- Physical and emotional changes through puberty.
- Coping strategies to help with the different stages of puberty.

[1decision module links: Growing and changing Puberty Y5](#)

Prior Learning:

Health and well-being:
H1, H18, H19, H20, H24,
H25, H27,

Relationships:
R1, R3-R7, R8-R11, R14,
R16, R17-R18, R22, R24,
R25-R27, R29, R31-R33.

Living in the wider world:
L2,

Feelings
Friendships
Relationships
Touch
Secrets
Naming body parts
Different types of families
Healthy lifestyles

National Curriculum Statements:

Health and Well-being
H1, H17, H19, H20, H21,
H24, H25, H30, H31,
H32, H34

Relationships
R1-R7, R10, R11, R14,
R22, R33, R34

Living in the wider world

Key Vocabulary:

- Confidential
- Secret
- Puberty
- Hormone
- Vagina
- Vulva
- Ovaries
- Fallopian Tubes
- Penis
- Testicles
- Bladder
- Anonymous Question

Significant People

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