

## SRE – Growing Up Skills and Knowledge Development

### Objectives for Unit of Work

- Name physical changes young people will experience during puberty.
- Describe emotional changes young people might experience during puberty.
- Appreciate that there is no such thing as a perfect body.
- List things that all loving relationships have in common.
- Explain what a sexual relationship is.
- Understand that some infections can be passed on during sexual intercourse, but that contraception can prevent this. • explain how babies are conceived and how they are born.
- Identify someone they could talk to about their changing body, should they need to.

### Lesson themes and objectives - Y5/Y6 Children can:

Changing Bodies	Changing Emotions	Just the Way You Are	Relationships	Lets Talk About Sex	Human Reproduction
Describe the changes that people's bodies go through- during puberty and how we can look after our changing bodies.	Describe how thoughts and feelings may change during puberty and suggest how to deal with these feelings.	Recognise that many different things affect the way we feel about ourselves and understand that there is no such thing as an ideal kind of body.	Understand what a loving relationship is and that there are many types of relationship.	Understand what a sexual relationship is and who can have a sexual relationship.	Describe the process of human reproduction, from conception to birth.