Shoreditch Park
Primary School
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Headteacher: Penny Smith
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Assistant Headteachers:
Joanne Byrne, Claire Deegan, Eloise Erwin, Zeynep Karatay, Natalie Ketchell, Tegan Voyle

Inclusion Manager: Claire Keady
School Business Leader: Georgia Caton

23.5.25

Dear Parent/Carer,

Relationship and Sex Education (RSE) Lessons at Shoreditch Park Primary School

After the half term break we will be delivering lessons that form part of our Relationships and Sex education curriculum. These lessons are carefully planned and we follow a well-known scheme of work written by staff at The Christopher Winter Project.

Shoreditch Park's RSE policy reflects the statutory curriculum requirements. You can read the policy on our website under https://www.shoreditchpark.hackney.sch.uk/policies/rse

Below this letter is the scheme of work we will be using to inform planning in your child's year group.

To find out about what is being covered in more detail please attend the Y5 curriculum meeting at the following date and time:

Date of meeting:	5.6.25
Time:	3:45 pm
Location	Tan Classroom

At the meeting you will hear more details about lesson activities and see some of the materials that will be used. We will also be explaining the new statutory requirements for RSE.

Additionally there will be parent coffee morning on Friday 13th June at 9am for all parents and carers to find out more information about how RSE is taught throughout Shoreditch Park Primary School.

Thank you for your continued support.

Yours sincerely,

Joanne Byrne
Assistant Headteacher
SENCo/RSE lead

Year 5 Puberty

Key Stage 2

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Health Education Mental wellbeing (6c, 6d,6f,) Changing adolescent body (8a,8b) Menstruation (9a)	Learning Intention To explore the emotional and physical changes occurring in puberty Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence	Lesson 1 Talking About Puberty	Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template
Health Education Changing adolescent body (8a,8b) Menstruation (9a)	Learning Intention To understand male and female puberty changes in more detail Learning Outcomes Understand how puberty affects the reproductive organs Describe what happens during menstruation and sperm production	Lesson 2 The Reproduction System	Reproductive System slides Puberty Changes Teacher Guide Menstrual cycle animation Male Changes Powerpoint Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of menstrual product (tampons, pads, liners, re-usables) Pupil questions from Lesson 1 Additional Activities What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary Menstruation Card Game Menstruation Card Game whiteboard summary
Health Education Mental wellbeing (6a,6b,6c, 6d,6e,6f,) Changing adolescent body (8a,8b) Menstruation (9a)	Learning Intention To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty Learning Outcomes Explain how to keep clean during puberty Explain how emotions/relationships change during puberty Know how to get help and support during puberty	Lesson 3 Puberty Help and Support	Kim's Game items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Year 5 Problem Page Teacher Guide Pupil questions from Lesson 1 Additional Activities Puberty Bingo cards