



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE: PSHE – Healthy Choices

YEAR GROUP: 5

TERM: Summer 1

<p>Vocabulary Habit Puberty Menstruation Erection Sweat</p> <p>Periods Tampons Sanitary towels Wet dreams Semen Breasts Facial/pubic hair</p>	<p>Skills</p> <ul style="list-style-type: none"> • Knowing key facts about puberty and the changing adolescent body including physical and emotional changes • Knowing about menstrual wellbeing including the key facts about the menstrual cycle linking this to human reproduction • Sun safety 	<p>What we already know</p> <p>Year 3</p> <ul style="list-style-type: none"> • The difference between a healthy and unhealthy diet • The importance of regular exercise • Correct names for body parts • That each person’s body belongs to them • How to keep clean and healthy <p>Year 4</p> <ul style="list-style-type: none"> • The people who can help us and where to access this help • What puberty is and the changes that a human body goes through • The human life cycle
<p>Application/ Outcomes</p> <ul style="list-style-type: none"> • Puberty changes worksheet • Puberty card sort • Learning about menstrual cycle • Sun safety activity • Staying clean and healthy • Lessons about bullying and getting help. 		<p>Concepts</p> <ul style="list-style-type: none"> • What a healthy balanced lifestyle is • What the signs of ill health are and where to access help • What a habit is • Why smoking is dangerous • What changes puberty brings • What the menstrual cycle is • How to access help during puberty
<p>Other/Cross Curricular links</p> <p>Science – lifecycles Maths – decimals, ordering numbers SEND adaptations: extra RSE lessons if necessary, accessible numbers, accessible texts, writing frame</p>		