

Year 5 RSE Content Information

Ten:Ten Resources



In 2020, Relationships Education and Health Education became statutory for all primary schools in England. As a Catholic school, our mission is to support the spiritual, moral, social and cultural development of all of our pupils, rooted in the wisdom and teaching of the Church. This year, we will be changing the scheme we use for RSE and PHSE to 'Life to the Full' by Ten Ten Resources. Ten Ten Resources is an award-winning Catholic educational organisation that is well-respected and very experienced in this field of work. 'Life to the Full' is the approved and mandated scheme by the Diocese of Arundel and Brighton.

Furthermore, Ten Ten Resources have entered into a partnership with the Catholic Education Service and the Department for Education to provide training for teachers in Catholic schools on the subject of the RSE statutory curriculum. We are confident that this programme is a very good fit for our school.

Ten Ten Resources understand the foundational role that parents have in educating and nurturing their children on these matters. Within the programme, they have built in resources which will not only keep you informed about what is being taught in school, but will also give you the opportunity to engage your children in discussion, activity and prayer.

You can gain access here to some resources:

Access the Parent Portal here:
<https://www.tentenresources.co.uk/parent-portal/>

You will need the following login credentials for our school:

Username: SJDorking

Password: TenTen

If you would like to view further materials. Please contact the office directly.



Girls' Bodies

What happens in this session?

This episode of Paradise Street starts with a lesson in class talking about the physical changes that boys and girls experience in puberty and the children respond with different levels of embarrassment and confusion. The film then focuses on the girls' perspective with the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for girls through puberty.

What do children learn?

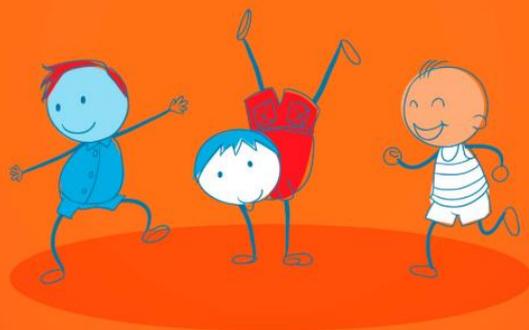
- That human beings are different to other animals
- About the unique growth and development of humans, and the changes that girls will experience during puberty
- About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately
- The need for modesty and appropriate boundaries

Suggested Home Activity

This and the next are equivalent sessions for boys and girls so the activity is the same for both.

We've been learning about looking after our bodies and what a wonderful gift they are. This week, encourage your child to recognise that gift by doing some caring task they don't normally do, e.g. cleaning their shoes, hanging up their clothes properly or helping their little brother or sister to do so, putting away everyone's clean laundry or collecting it and helping you to sort it, mending any clothes that need it.

BOYS' Bodies



Boys' Bodies

What happens in this session?

This episode of Paradise Street starts with a lesson in class talking about the physical changes in puberty, and the children respond with different levels of embarrassment and confusion. The film then focuses on the boys' perspective through the characters of Finn and Marcus. Through the drama, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for boys during puberty.

What do children learn?

- That human beings are different to other animals
- About the unique growth and development of humans, and the changes that boys will experience during puberty
- About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately
- The need for modesty and appropriate boundaries

Suggested Home Activity

This and the previous are equivalent sessions for boys and girls so the activity is the same for both.

We've been learning about looking after our bodies and what a wonderful gift they are. This week, encourage your child to recognise that gift by doing some caring task they don't normally do, e.g. cleaning their shoes, hanging up their clothes properly or helping their little brother or sister to do so, putting away everyone's clean laundry or collecting it and helping you to sort it, mending any clothes that need it.

Menstruation



What happens in this session?

In this session, we see that Siobhan gets her first period and doesn't know quite what to do. She is sad that her Mum, who died a number of years ago, isn't there to show her the ropes, but she is helped by her teacher and her Dad to become confident going forwards. Through this session, pupils will learn about how girls manage their periods, and understand some of their possible side effects. They will learn why periods happen; that fertility is necessary to bring a child into the world; and how periods are part of God's plan for creation.

What do children learn?

- About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life
- Some practical help on how to manage the onset of menstruation

Suggested Home Activity

Part of learning about growing up and the demanding changes that happen to our bodies is understanding that we need to take care of ourselves.

This is something which is true at other stages of life as well.

Talk to your child about how they like to relax and what makes them feel better. Is it lying on the sofa, reading a book, having some time to themselves, exercise, playing outside, having a bubble bath?

Encourage your child to practice taking care of others in the house too. Making a cup of tea just the way other family members like it for example. Or tidying the table after dinner without being asked.

In Year 6, children will cover the following topic areas: 'Spots and Sleep', 'Body Image', 'Peculiar Feelings', 'Emotional Changes', 'Seeing Stuff Online', 'Self-Talk', 'Coping with Change', 'Hope Beyond Death', 'Money and Me', 'Cyberbullying', 'Making Good Choices', 'Impacted Lifestyles', 'Types of Abuse', 'The World of Work', 'Girls' Bodies', 'Boys' Bodies', 'Menstruation', Making Babies.