



## Holy Family Halewood

Year 5 - RSE - Journey in Love  
Theme: Relationships

Topic: God loves us in our Changing and Developing



### **Aim**

Show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc – and grow further in recognising God’s presence in our daily lives.

### **Learning Intentions**

#### **Social and Emotional**

**To show knowledge and understanding of emotional relationship changes as we grow and develop**

- To know the basic stages of emotional childhood development.
- How to help a friend who was struggling with self-confidence and self-esteem as a result of their development.
- How to seek advice for yourself or a friend if you were concerned about mental wellbeing, being unsafe or low in confidence.

#### **Physical**

**To show knowledge and understanding of the physical changes in puberty**

- To know the physical changes that occur to both boys and girls during puberty.

#### **Spiritual**

**To celebrate the joy of growing physically and spiritually**

- To know how to grow healthily and happily during these times of change with God at our side.
- To respect your own body and help you be courageous in the face of these changes
- To recognise the different types of love.

### **Skills**

Respecting  
Adapting  
Relating  
Developing  
Considering  
Supporting  
Deciding  
Accepting  
Helping

### **Pope Francis**

“The Christian family is missionary: it announces the love of God to the world. The most beautiful thing God made, so the Bible tells us, was the family.

He created man and woman and He gave them everything. He entrusted the world to them:

‘Grow, multiply, cultivate the earth, make it bear fruit, let it grow.’

All the love that he put into that marvellous creation he entrusted to a family.”



### **Key Words**

|                 |                 |
|-----------------|-----------------|
| God             | Hormones        |
| Sensitivity     | Pituitary gland |
| Puberty         | Uterus          |
| Presence        | Fertilised ovum |
| Celebrate       | Fallopian tube  |
| External        | Vagina          |
| Internal        | Vulva           |
| Change          | Cervix          |
| Develop         | Womb            |
| Ovulation       | period          |
| Biological      |                 |
| Respect         |                 |
| Reproduction    |                 |
| Menstrual cycle |                 |

**Believe in Yourself.**

