



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.

