



## 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.

### **Overall Objectives**

- To show knowledge and understanding of emotional relationship changes as we grow and develop
- To show knowledge and understanding of the physical changes in puberty
- To celebrate the joy of growing physically and spiritually

### **Lesson Objectives:**

- A study of the basic stages of emotional childhood development
- How to help a friend who is struggling with self-confidence
- How to seek advice for yourself or a friend if concerned about mental wellbeing, or being unsafe
- The physical and emotional changes that occur to both boys and girls during puberty.
- To know how to grow healthily and happily during these times of change, with God
- How to respect your own body
- A recognition of 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	

