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PSHE and RSE at Barton Hill Academy – Year 5 and 6

Listed below are the lessons taught to Year 5 and 6 in PSHE/RSE using the Jigsaw scheme. Please speak to the class teacher for details of when they will be taught or to see any resources used. Please note, the resources are the same that were shown at the Parent Forums in May.

YEAR 5

Relationships

Lesson 1 – My characteristics and personal qualities
Building self esteem

Lesson 2 – New and changing friendships
Solving conflicts between friends

Lessons 3/4 – Girlfriends and boyfriends
How to cope with attraction
Appropriate behavior for 9/10 year olds
Uncomfortable feelings/jealously

Lessons 5/6 – Online/internet safety
Communicating safely
Dos and Don'ts

Changing Me

Lesson 1 – Self-image and body image

Lesson 2 – Puberty – general overview
www.bbc.co.uk/guides/zyxrdmn
(girls and boys taught separately)

Lesson 3 – Changes in body parts during puberty
(girls and boys taught separately)

Lesson 4 - Periods
bettyforschools.co.uk/resources/8-11-year-olds

(girls and boys taught separately)

Girls – period products

Boys – empathy and compassion

Lesson 5 – Conception (science curriculum)

Lesson 6 – Looking forward to Year 5

Year 6

Relationships

Lesson 1 – Significant people in my life

Lessons 2/3 – Love and loss
Family and friends

hormones

Lesson 4 – Power and control

Lessons 5/6 – Online/internet safety
Communicating safely
Cyberbullying

Changing Me

Lesson 1 – Self image – real and ideal self

Lesson 2 – Puberty – continuing from year 5
www.bbc.co.uk/programmes/p01183dv
Only body odour, spots, first bra, period,

(boys and girls taught separately)

Lesson 3 – Girls – periods
Boys – compassion and consent
(boys and girls taught separately)

Lesson 4 – From conception to birth
Conception (continuing from year 5)
Baby growing in the womb
(boys and girls taught separately)

Lesson 5 – Becoming a teenager - emotions

Lesson 6 – Looking forward to secondary school