



Crofton Road
North End
Portsmouth
PO2 0NT

T: 023 9266 3645
www.kgacollegepark.uk

King's Academy College Park

A King's Group Academy

Headteacher: Mrs R Carlyle

Tuesday 9th May 2023

Year 5 –Relationship and Health Education

Dear Parents/Guardians

As part of our curriculum, the year 5 children will be taking part in Relationship and Health Education lessons. Five lessons will take place weekly. During each lesson, the children will be given time for discussion and independent activities.

Lesson 1 – Ground Rules and human development.

This lesson focuses on the stages of human development and how babies grow in height and weight.

Lesson 2 – Time to change and understand puberty.

This lesson introduces the concept of puberty and explores some external changes that happen to the body, as well as supporting pupils to identify and label key body parts.

Lesson 3 – Puberty in Boys.

This explores the bodily changes of the male body through puberty into adulthood. It includes information about the male reproductive system.

Lesson 4 – Puberty in Girls.

This explores the bodily changes of the female body through puberty into adulthood. It includes information about the female reproductive system and menstruation.

Lesson 5 - Personal hygiene

This lesson focuses on the importance of personal hygiene and explores ways to manage some of the physical changes that occur during puberty, including the different products that can be used.

Your child may want to discuss these areas further with you at home. Please feel free to contact your child's teacher if you have any further queries.

Thank you for your support.

Yours sincerely,
The Year 5 Team