



Lake View Primary School and Foundation Unit
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Thursday 11th December 2025

Dear Parents/Carers

I am writing this letter to inform you that in Spring Term 1, Year 5 will be looking at the RSHE unit 'Animals including humans'. This will include the following objectives that can be found on our RSHE Progressive Overview. The full overview can be found on the school website: Curriculum - Year 1-6 Curriculum - Relationships, Sex and Health Education - RSHE Progressive Overview.

- To describe the changes as humans develop to old age.
- To know the physical and emotional changes occurring in puberty.
- To know parts of the male reproductive system.
- To know parts of the female reproductive system.
- To understand the importance of sleep on a healthy body.
- Knowing and recognising the difference between safe and unsafe touch.

You do not need to reply to this letter as all of these objectives are part of the statutory RSHE Curriculum, which is compulsory for all Primary aged children. However, if you have any questions about the details covered in these lessons, then please do not hesitate to get in touch with me.

Yours sincerely
Year 5 Team



Compassion



Diversity



Inquisitiveness



Perseverance



Responsibility



Ambition