

# **Unit Assessment**

***Class:***

***Teacher:***

***Term/Year:***

## **Unit of Work: Healthy & Safer Lifestyles 20: SR5 Relationships & Sex Education**

### **Expected Learning**

- Know and understand the appropriate use of the scientific names for the external and internal sexual parts of the body, and be able to explain basic functions.
- Understand the main changes that will happen at puberty, know some ways to manage them, and how it affects people differently.
- Have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others.
- Understand the importance of washing regularly and of maintaining other hygiene routines during puberty.
- Understand ways they can prevent the spread of common diseases, and have a rudimentary understanding of HIV.

### **Working Towards**

- Know scientific names and basic functions of some of the external and internal sexual parts of the body.
- Understand that some words for sexual parts are not appropriate to use in some circumstances.
- Understand the main changes that will happen at puberty and, with support, some ways to manage these, including hygiene routines.
- Understand that people can feel hurt when others say unkind things about their appearance.
- Understand basic ways they can prevent the spread of common diseases.

### **Working Beyond**

- Be able to use appropriately and confidently the scientific names for the external and internal sexual parts of the body, and be able to explain basic functions.
- Understand how to manage the main changes that will happen at puberty, including the need for hygiene routines, and how it affects people differently.
- Reflect on their own body image and understand some ways to support a positive self-image for themselves and others.
- Understand ways they can prevent the spread of common diseases, and understand HIV and how it can (and cannot) be spread.



Self-Assessment

Healthy & Safer Lifestyles 20: SR5 Relationships and Sex Education

Name:

Class:

Before			How Confident am I that:	After		
Not that confident 	A little confident 	Very confident 		Not that confident 	A little confident 	Very confident 
			I can identify male and female sexual parts, use the appropriate terms for them in different situations and describe their functions.			
			I also know that some words that identify male and female sexual parts, are rude and can offend people.			
			I know what happens to the bodies of boys and girls when they reach puberty and understand that this happens at different rates for different people.			
			I can express some worries which someone of the same gender as me might have about puberty and suggest some coping strategies.			
			I know some possible influences on my view of my own body.			
			I know how to keep my growing and changing body clean. I also know how the spread of illnesses and infectious diseases (including HIV) can be reduced or prevented.			