



Year 5 PSHE: Changing me

Prior Learning

- What makes up my unique identity and interests, and how these develop as I grow up
- How a girl's body changes and that periods are a natural part of this
- Different types of family and my inner circle trusted people who can support me through puberty
- How the circle of change works
- Changes outside of my control and how I can accept them
- What I am looking forward to in my next class and changes I would like to make



Vocabulary

Body-image, *Characteristics, Looks, Perception, Self-esteem, *Uterus, *Womb, Fallopian Tube, Cervix, *Puberty, Breasts, *Vagina, Vulva, Hips, *Penis, *Testicles, Scrotum, Adam's Apple, Genitals, Sperm, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Testosterone, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception*, Sexual intercourse*, Embryo, Umbilical cord, Pregnancy*, Menstruation*, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene*, Age appropriateness, Legal, Teenager*, Responsibilities, media influencer

Sticky Knowledge

- Understand my self-image and self-esteem
- Understand how girls' bodies change at puberty
- Understand how boys' bodies change at puberty
- Understand sexual intercourse and conception
- Understand what changes will happen when becoming a teenager
- Moving to my next class