

PSHE: Changing Me

Summer B

Year 5

Unit Learning Intentions

PSHE	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can summarise the process of conception.
Social and Emotional	I can express how I feel about the changes that will happen to me during puberty. I accept that these changes may happen at different times to my friends.



How does it fit in with our school values?

- Safe
- Honest
- Enthusiastic
- Encouraging
- Respectful
- Hard-Working
- Ambitious
- Tolerant
- Caring
- Happy

Key words

Explanation

Hormone	Chemicals that tell cells and body parts to do certain things, eg, hormones tell the body when to grow and when to stop growing.
Puberty	The stage of life when the body of a child changes into an adult body capable of sexual reproduction.
Puberty in boys	
Ejaculation	When a sticky liquid called semen comes out of the penis.
Erection	When the penis becomes firm and enlarged.
Larynx	The voice box.
Semen/Sperm	Sperm is the male reproductive cell which is transported in a liquid called semen.
Testicles/Testes	The male reproductive gland that produces sperm.
Wet Dreams	When the body practises making semen and it leaks out at night while the boy is asleep.
Puberty in girls	
Oestrogen	The hormone that controls the reproductive cycle and prepares the body for pregnancy.
Menstruation	Also called a "period", is when blood comes out through a girl's vagina. This usually happens monthly.
Feminine Hygiene	Personal care products used during menstruation eg sanitary pads, sanitary towels, tampons, etc.
Female reproductive organs:	These are made up of the vagina, vulva, fallopian tubes, womb/uterus, and ovary/ovaries
Pregnancy	
Conception	To become pregnant when the sperm fertilizes the woman's egg.
Fertilisation	When the sperm combines with the woman's egg.
Embryo	The earliest stage in the development of a fertilised egg.

Reflective Questions

- Can you express how you feel about the changes that will happen to you during puberty?
- Are you confident you can cope with the changes growing-up will bring?
- What are you looking forward to about the changes that your last year in primary school will bring?