

Prior Learning (Skills)

- Can appreciate their own uniqueness and that of others
- Can express how they feel about having children when they are grown up
- Can express any concerns they have about puberty
- Can say who they can talk to about puberty if they are worried
- Can apply the circle of change model to themselves to have strategies for managing change
- Have strategies for managing the emotions relating to change

Prior Learning (Knowledge)

Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm

- Know that babies are made by a sperm joining with an ovum
- Know the names of the different internal and external body parts that are needed to make a baby
- Know how the female and male body change at puberty
- Know that personal hygiene is important during puberty and as an adult
- Know that change is a normal part of life and that some cannot be controlled and have to be accepted
- Know that change can bring about a range of different situations



Year 5 – PSHE Changing Me



Jigsaw! Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

Jiggy Jem

Journal

Mindfulness

Jerrie Cat's 'paws'

Key Skills

- Can celebrate what they like about their own and others' self- image and body-image
- Can suggest ways to boost self-esteem of self and others
- Recognise that puberty is a natural process that happens to everybody and that it will be OK for them
- Can ask questions about puberty to seek clarification
- Can express how they feel about having a romantic relationship when they are an adult
- Can express how they feel about having children when they are an adult
- Can express how they feel about becoming a teenager
- Can say who they can talk to if concerned about puberty or becoming a teenager/adult

Key knowledge

- Know what perception means and that perceptions can be right or wrong
- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know that sexual intercourse can lead to conception
- Know that some people need help to conceive and might use IVF
- Know that becoming a teenager involves various changes and also brings growing

Vocabulary

body image/self image	the idea one has of one's abilities, appearance, and personality
oestrogen	hormones which promote the development and maintenance of female characteristics of the body.
fallopian tubes	a pair of tubes along which eggs travel from the ovaries to the uterus.
cervix	the narrow passage forming the lower end of the uterus.
puberty	the period during which adolescents reach sexual maturity and become capable of reproduction.
scrotum	a pouch of skin containing the testicles.
genitals	a person's or animal's external organs of reproduction.
erection	an enlarged and rigid state of the penis, typically in sexual excitement
ejaculation	the action of ejecting semen from the body.
wet dream	A dream that causes involuntary ejaculation of semen.
growth spurt	the process of increasing in size
facial hair	a growth of hair on a man's chin, cheeks, or upper lip.
pubic hair	A growth of hair around genitals both female and male
hormones	a regulatory substance produced in the body and transported in tissue fluids such as blood to stimulate specific cells or tissues into action.
testosterone	a steroid hormone that stimulates development of male secondary sexual characteristics, produced mainly in the testes
foreskin	the retractable roll of skin covering the end of the penis.
embryo	an unborn or unhatched offspring in the process of development,
Umbilical cord	a flexible cordlike structure containing blood vessels and attaching a human or other mammalian fetus to the placenta during gestation
IVF	a medical procedure whereby an egg is fertilized by sperm in a test tube or elsewhere outside the body.
contraception	the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse
menstruation	the process in a woman of discharging blood and other material from the lining of the uterus