

Year 5 Personal, Social and Health Education
 Summer 1 'Changing Me'

Session	Learning Objective	Aspects Covered and Vocabulary	Social and Emotional Learning
1. Self and Body Image	I am aware of my own self-image and how my body image fits into that	<ul style="list-style-type: none"> • <i>Self</i> • <i>Self-image</i> • <i>Body image</i> • <i>Self-esteem</i> • <i>Perception</i> • <i>Characteristics</i> • <i>Aspects</i> • <i>Affirmation</i> 	I know how to develop my own self esteem
2. Puberty for Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	<ul style="list-style-type: none"> • <i>Puberty</i> • <i>Menstruation</i> • <i>Periods</i> • <i>Menstrual towels</i> • <i>Menstrual pads</i> • <i>Tampons</i> • <i>Ovary/ Ovaries</i> • <i>Vagina</i> • <i>Oestrogen</i> • <i>Vulva</i> • <i>Womb/Uterus</i> 	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
3. Puberty for Boys	I can describe how boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	<ul style="list-style-type: none"> • <i>Puberty</i> • <i>Sperm</i> • <i>Semen</i> • <i>Testicles/Testes</i> • <i>Erection</i> • <i>Ejaculation</i> • <i>Wet dream</i> • <i>Larynx</i> • <i>Facial hair</i> • <i>Growth spurt</i> • <i>Hormones</i> 	I can express how I feel about the changes that will happen to me during puberty

<p>4. Conception</p>	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>	<ul style="list-style-type: none"> • <i>Relationships</i> • <i>Conception</i> • <i>Making love</i> • <i>Sexual intercourse</i> • <i>Fallopian tube</i> • <i>Fertilisation</i> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Umbilical cord</i> • <i>Contraception</i> • <i>Fertility treatment (IVF)</i> 	<p>I am confident that I can cope with the changes that growing up will bring</p>
<p>5. Looking Ahead</p>	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p>	<ul style="list-style-type: none"> • <i>Teenager</i> • <i>Milestone</i> • <i>Perceptions</i> • <i>Puberty</i> • <i>Responsibilities</i> • <i>Consent</i> 	<p>I am confident that I can cope with the changes that growing up will bring</p>