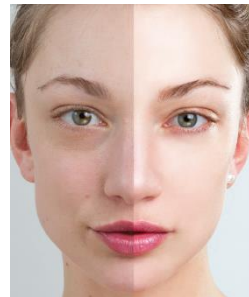
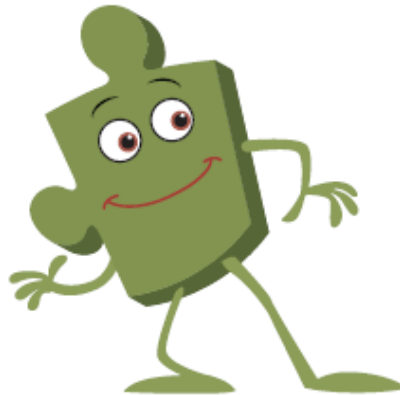


# Year 5 PSHE: Changing me

## Prior Learning

- 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 emotions



## Vocabulary

Body-image, \*Characteristics, Looks, Perception, Self-esteem, \*Uterus, \*Womb, Fallopian Tube, Cervix, \*Puberty, Breasts, \*Vagina, Hips, \*Penis, \*Testicles, 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, Rights.

## Sticky 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 responsibility