

PSHE Year 5 Summer 2 – Changing me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

I am aware of my own self-image and how my body image fits into that

- explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally
- describe how boys' and girls' bodies change during puberty
- understand that sexual intercourse can lead to conception and that is how babies are usually made
- understand that sometimes people need IVF to help them have a baby
- can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)
- identify what I am looking forward to when I move to my next class

Social and emotional skills

I will:

- know how to develop my own self esteem
- I understand that puberty is a natural process that happens to everybody and that it will be OK for me
- I can express how I feel about the changes that will happen to me during puberty
- I appreciate how amazing it is that human bodies can reproduce in these ways
- I am confident that I can cope with the changes that growing up will bring
- I can start to think about changes I will make next year and know how to go about this

Key vocabulary Affirmation, anxious, aspects, authentic, body image, change, characteristics, cope, conception, contraception, consent, erection, edited, embryo, emotions, excitement, facial hair, fallopian tube, fear, fertilisation, fertility treatment (IVF), filter, growth spurt, hormone, hope, hormones, influences, larynx, making love, manage, media, media influencer, menstrual cycle, menstrual pads, menstrual towels, menstruation, mental health/wellbeing, milestone, opportunities, oestrogen, ovary, ovaries, perception, perceptions, periods, pregnancy, puberty, relationships, reliable sources, responsibilities, scrotum, self, self-esteem, self-image, sexual intercourse, semen, sperm, teenager, testicles, testes, testosterone, vagina, vulva, wet dream, womb/uterus

Big Question: How can you look after yourself physically and emotionally during puberty?

The zones of regulation



By the end of this topic...

I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.

I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.

Mindmate Monday lesson

MindMate

Year 5 Summer 2: Solving problems

Lesson focus: Talking it through Restorative justice - I can support my friends when things go wrong

Pupils should have the opportunity to... know who can help if myself, or a friend, needs support I know the role friends can play in supporting one and another

To notice clues that might tell me if my friend has a problem I can help my friends by offering support