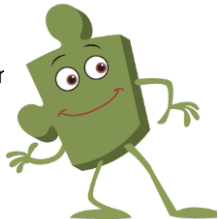


	Year:	Year 5	Unit:	Changing Me
				
Key Vocabulary			What should I already know?	
Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights	In this Puzzle the children revisit self-esteem and self/body-image. They learn that we all have perceptions about ourselves and others, and these may be right or wrong. They also reflect on how social media and the media can promote unhelpful comparison and how to manage this. Puberty is revisited with further detail explaining bodily changes in males and females. Sexual intercourse is explained in slightly more detail than in the previous year. Children are encouraged to ask questions and seek clarification about anything they don't understand. Further details about pregnancy are introduced including some facts about the development of the foetus and some simple explanation about alternative ways of conception e.g. IVF. Children learn that having a baby is a personal choice. Details of contraceptive options and methods are not taught as this is not age-appropriate. Reasons why people choose to be in a romantic relationship and choose to have a baby are also explored. Children look at what becoming a teenager means for them with an increase in freedom, rights and responsibilities. They also look at the perceptions that surround teenagers and reflect whether they are always accurate e.g. teenagers are always moody; all teenagers have a boyfriend/girlfriend etc		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	What will I learn next? - Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally - Know how a baby develops from conception through the nine months of pregnancy and how it is born - Know how being physically attracted to someone changes the nature of the relationship - Know the importance of self-esteem and what they can do to develop it - Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class