**PSHE Term 6 - Changing Me**

**Year 5**

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| **Piece 1** | **Unit** | **Lesson** |
| **1: Self and Body Image** | **Year 5** | I am aware of my own self-image and how my body image fits into that.  I know how to develop my own self esteem. |
| **2: Puberty for Girls** | **Year 5** | I can explain how a girl’s body changes during  puberty and understand the importance of looking after yourself physically and emotionally.  I understand that puberty is a natural process  that happens to everybody and that it will be  ok for me.  ***Vocab: puberty, menstruation, periods, sanitary towels/ pads, tampons, ovary, vagina and womb/ uterus*** |
| **3: Puberty for Boys** | **Year 5** | I can describe how boys’ and girls’ bodies  change during puberty.  I can express how I feel about the changes that will happen to me during puberty.  ***Vocab: puberty, sperm, semen, testicles/ testes, erection, ejaculation, wet dream, larynx, facial hair, growth spurt and hormones.*** |
| **PIECE 4 (CONCEPTION) FROM YEAR 5 OMITTED** | | |
| **Piece 2: Having a Baby (from Year 4)** | **Year 4** | I can correctly label the internal and external  parts of male and female bodies that are necessary for making a baby.  I understand that having a baby is a personal  choice and can express how I feel about having children when I am an adult  ***Vocab: sperm, egg, penis, testicles, vagina, womb, ovaries, making love, fertilise and reproduction.*** |
| **2a. Having a Baby (from Year 4)** | **Year 4** | I understand what responsibilities there are in parenthood and the joy it can bring  I can consider what has influenced my life and what might influence the lives of other people  I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult |
| **5: Looking Ahead 1** | **Year 5** | I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)  I am confident that I can cope with the changes that growing up will bring. |
| **6: Looking Ahead 2** | **Year 5** | I can identify what I am looking forward to when I move to my next class.  I can start to think about changes I will make next year and know how to go about this. |