



Changing me



Year 5 Term 6

I should already know...

- that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm
- the internal and external parts of male and female bodies that are necessary for making a baby
- how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this
- about changes that have been and may continue to be outside of my control that I learnt to accept

We will learn ...

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



milestone	conception	sperm	self image
perceptions	sexual intercourse	semen	body image
puberty	fallopian tube	testicles/testes	self esteem
growth spurt	fertilisation	erection	womb/uterus
hormones	pregnancy	ejaculation	ovary/ovaries
menstruation	embryo	wet dream	vagina
periods	umbilical cord	larynx	oestrogen
sanitary towel/pad	contraception	facial hair	vulva
tampon	fertility treatment (IVF)	affirmation	