



Year 5 – PSHE KCV – Changing Me



Key skills to learn:

- Aware of my own self-image know how to develop my own self esteem.
- Describe how boys’ and girls’ bodies change during puberty and understand this is a natural process and is easily managed.
- Understand that sexual intercourse can lead to conception and that is how babies are usually made; sometimes people need IVF to help them have a baby.
- Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities.
- Discuss changes I will make when I am in Year 6 and know how to go about this.

SMSC Links:

Social – Cooperate to support others and work together through changes.

Moral – Understanding and applying the consequences of growing up to own life.

Spiritual – Developed self-awareness and manage feelings through the emotional and physical changes alongside puberty.

Cultural – Understand and accept my own self-image and respect the diversity of others.

Words to know and spell (Tier 2 Vocabulary)

Fertilise	Reproduction	Periods
Tampon	Ovaries	Menstruation
Sanitary towel	Pubic hair	Pregnancy
Testicles	Sperm	Characteristics
Womb/Uterus	Penis	Vagina
Growth Spurt		

Words to understand and spell (Tier 3 Vocabulary)

Affirmation	Emotional support or encouragement.
Self-esteem	Confidence in own worth and abilities, self-respect.
Body-image.	How you perceive yourself and think you look
Perception.	Awareness of something through the senses
Contraception	Deliberate use of methods to avoid pregnancy.
Sexual Intercourse	Sexual contact between individual’s penis and vagina.
Fertilisation	The process of fertilising a female egg.
Fallopian tubes	Join the ovaries to the womb, egg travels through.
Erection	An enlarged and rigid state of the penis.
Ejaculation	The action of the penis ejecting semen.
Hormones	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty.
Larynx.	The voice box in the throat.
Wet Dream	An erotic dream which causes involuntary ejaculation.
Fertility Treatment	Known as IVF, medical support to have a baby

Concept check questions. Test yourself:

- How can you raise your self-esteem?
- Can you remember the facts about menstruation?
- What do sanitary products look like and how are they are used?
- What changes happen to boys and girls during puberty