

PSHE

Health Education

Year 5

Summer 2

Key Knowledge

Growing and changing

- At some time between the ages of 8 and 16, puberty occurs – this is normal and part of growing up and the whole process can take a few years.
- Male and female sex hormones become very active and are responsible for growth and development during puberty.
- Many changes happen to everyone, (such as genitals growing, pubic and armpit hair growing, skin and hair becoming oily etc.), some only happen to females (such as period starting, breast growing etc.) and some only happen to males (such as facial hair growing, erections occurring, wet dreams may start).
- Menstruation (periods) occur in females when the sex hormones trigger an egg to be released from the ovary and blood fills the lining of the womb. If this egg is not fertilised, it dissolves and the womb lining passes through the vagina as blood. This normally happens around every 4 weeks and can last 2-7 days.
- There are many different feminine hygiene products that can be used during this time.
- A male will often start to get erections during puberty which is when the penis becomes temporarily stiff and hard. Wet dreams may occur when a male gets an erection in their sleep and semen ejaculates from the penis.
- During puberty, person hygiene is especially important.

Statutory requirements

Pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

Key vocabulary

Spelling	Definition
Puberty	The stage of life when the body of a child transitions into an adult body
Pubic	The area of the body generally covered by underwear
Hormones	Chemicals your body makes to help it do certain things
Body odour	An unpleasant smell caused by sweat on a person's body
Genitals	The sexual or reproductive organs located on the outside of the bod
Menstruation	The process of the lining of the female's womb being released though the vagina
Erection	When a male's penis becomes temporarily stiff and hard
Ejaculation	Semen coming out of a male body

Book recommendations

Dr Ranj	How to grow up and feel amazing – the no worries guide for boys
Phil Wilkinson	The boys' guide to growing up
Anita Naik	The girls' guide to growing up
Anita Ganeri	Body's changing – A girl's guide to growing up

