



PSHE Puberty Topic Year 5 2024

Topic	Vocabulary	Knowledge and skills Pupils will:
What is puberty?	hormones, puberty, testicles, womb, vagina, penis, clean, bacteria, sweat, body odour	<ul style="list-style-type: none"> ▪ Know the physical changes during puberty. ▪ Have discussed how to stay clean and hygienic during puberty. ▪ Know where to seek support for advice about puberty.
How do our emotions change during puberty?	hormones, puberty, emotions, isolations, embarrassment, anxiety, advice	<ul style="list-style-type: none"> ▪ Have discussed the changes in hormones and emotions that someone may feel during puberty. ▪ Know the names of the hormones which start to be produced during puberty, which can have a strong effect on emotions. ▪ Have practised giving advice and support to others.
What are the functions of genitalia?	vagina, vulva, ovaries, ova, fallopian tubes, uterus, cervix, penis, testicles, testes, urethra, foreskin, scrotum, assigned sex.	<ul style="list-style-type: none"> ▪ Know the correct scientific names for the main reproductive organs. ▪ Be able to label the main reproductive organs on a diagram. ▪ Be able to explain the functions of the main reproductive organs.
What is the menstrual cycle?	menstruation, periods, cycle, menstrual pad, period pants.	<ul style="list-style-type: none"> ▪ Be able to explain what menstruation is, and why it happens. ▪ Know how menstruation can affect emotions ▪ Have explored a number of period product options and understand how each one works
What happens to boys during puberty?	wet dreams, erections, voice breaking, growth, testosterone.	<ul style="list-style-type: none"> ▪ Be able to explain the main changes that take place in boys during puberty ▪ Understand the changes in emotions during puberty and why this happens