



PSHE Puberty Topic Year 5 2025

| Topic | Vocabulary | Knowledge and skills Pupils will: |
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| 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 |