



Year 5 - Summer - PSHE Knowledge Organiser

What I already know...

- To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self worth.
- How to manage setbacks / perceived failures, including how to reframe unhelpful thinking.
- A varied vocabulary to use when talking about feelings; about how to express feelings in different ways.

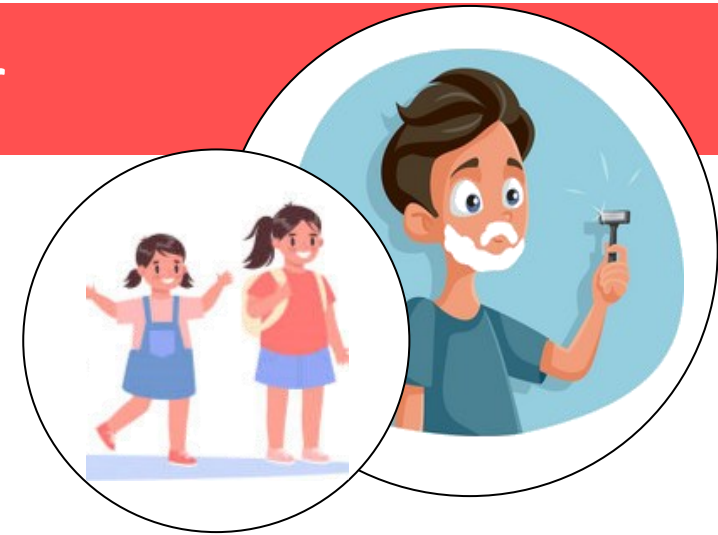
Key Vocabulary

Puberty	The time when your body begins to develop and change as you move from a child to an adult.
Menstrual Cycle	The menstrual cycle is a series of natural changes in hormone production and the structures of the uterus and ovaries of the female reproductive system that make pregnancy possible.
Adolescence	A transitional stage of development that generally occurs during puberty to adulthood.
Genitalia	The reproductive organs located on the outside of the body.

What I will learn...

Ourselves Growing and Changing

- To know that puberty begins at different times for different people.
- To know that change will happen at different rates.
- To know that during puberty our skin produces oils, our sweat production increases, we have hair growth in new places and our voice boxes change.
- To know that our emotions change during puberty.
- To know that puberty is the body preparing for human reproduction.
- To know that women experience a menstrual cycle that lasts approx. 28 days.
- To know that hygiene becomes more important as we get older due to factors such as sweat production.



Making a difference at The Merton

The children will learn about how their bodies change and grow as they enter puberty and throughout adolescences. They will be prepared for the physical and emotional changes that lie ahead and understand that this will start at different times for everyone. The children will learn how the process of puberty relates to human reproduction whilst making connections with their previous science topic: *Circle of Life*. Throughout this topic, cross-curricular links to the science topic *Growing Up and Growing Old* will help children to fully understand human development and growth.

Making a difference at home

What are the key events of your life so far? How have you changed already? You could draw a portrait of your younger self and a portrait of yourself now to compare.