



Year 5 - Summer 2- PSHE Knowledge Organiser



What I already know...

- How girls and boys bodies are different and change as they become older.
- A varied vocabulary to use when talking about feelings; about how to express feelings in different ways.
- How mammals and plants reproduce.

What I will learn...

- Understand and be aware of my own self image
- How our bodies change during puberty and the importance of looking after ourselves physically and emotionally.
- The meaning of sexual intercourse (the penis entering the vagina) and that babies are made with the sperm meeting the egg.
- The responsibilities that being a teenager brings.
- The difference between a man's and a women's body during puberty including periods and body changes.
- Think about what they are looking forward to and any changes when moving to their next class.

Key Vocabulary

Puberty	The time when your body begins to change as you move to an adult.
Conception	When a sperm joins with an ovum or egg.
Adolescence	A transitional stage of development that generally occurs during puberty and adulthood
Periods	Monthly changes to a female's body to prepare for the possibility of pregnancy.
Menstrual pads/ tampons	Objects to absorb menstrual blood during a female's period.
Genitalia	The reproductive organs located on the outside of the body for example penis, testicles and vagina.
Body image	Perception of own body and thoughts and responses to this.
Sexual Intercourse	Physical sexual contact between individuals that involves the genitalia of at least one person.
Sperm	Human male sex cell
Womb/uterus	Where a fetus develops and grows in

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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*

PSHE skills:.

Disciplinary Knowledge I will learn...

- To describe changes during puberty.
- Understand different ways to boost self-esteem.
- To understand the meaning of sexual intercourse and how babies are made.



Year 5 - Summer 1 - PSHE Knowledge Organiser



What I already know...

- What self-image is and how I can support myself and others to have positive feelings about themselves.
- The age restrictions on social media and that online information is not always true and can be misleading.
- What peer pressure is and how to look after yourself if you are experiencing peer pressure.

What I will learn...

- Have an accurate picture of who you are and your personal qualities.
- Understand that belonging to an online community can have positive and negative consequences.
- There are rights and responsibilities in an online group.
- Recognise when you are spending too much time using devices.
- Explain how to stay safe when using technology to communicate with your friends
- Recognise and resist pressures to use technology in ways that may be risky.

Key Vocabulary

Self-esteem	Your self worth and how you feel about yourself.
Age restriction	A guideline or rule for who should use a game or app.
responsibility	Being dependable, making good choices and taking accountability for your actions.
Risk	Something that can cause harm or danger.
Grooming	Someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them.
Rights	Entitlement to things such as education religion and choice.
Mental Health	An individuals level of psychological wellbeing, which can affect a persons mood and/or thoughts.
Physical Health	The condition of your body.
Vulnerable	Someone who has been identified as being at greater risk of experiencing physical or emotional harm.

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The children will learn about how to stay safe online. They will look into the risks with online communities and discover ways to reduce those risks and what to do when they encounter any risks. They will think about how an online community can be positive but also how they can sometimes be negative and what this looks like. They will think about how they can resist pressures and look after their own well being. They will learn how they will know when they are spending too much time online and think about healthy things they can do if this happens.

PSHE skills:

Disciplinary Knowledge I will learn...

- To identify the rights and your own responsibilities when accessing online groups or apps.
- To understand how to look after your own mental and physical well-being.