



Year 5

PSHE – Changing Me

Outcome: Change Cards Create a birthday card with advice inside for a teenager for their upcoming changes.

Our School Rules	
S	Self-control
T	Take responsibility for your actions
A	Always follow instructions
R	Respect
S	Stay safe
Learning, Guide, Success	

Prior skills

Prior skills from Year 4

T	Understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.
	Know how the circle of change works and can apply it to changes I want to make in my life.
R	Identify changes that have been outside of my control and that I will learn to accept them.
	Identify what I am looking forward to when I move to my next class
	Understand that some of my personal characteristics have come from my birth parents.
	Describe how a girl's body changes in order for her to be able to have babies when she is an adult.
	Have strategies to help me cope with changes I will experience during puberty.

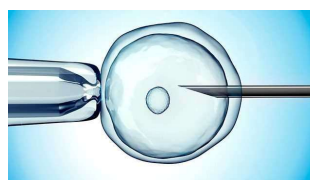
Ideas and inspiration

Self image



How babies are made

Ivf (In vitro Fertilisation)



Vocabulary:

- erection
- ejaculation
- wet dream
- conception
- making love
- sexual intercourse
- fallopian tub
- embryo
- umbilical cord
- contraception
- fertility treatment (IVF),
- body image

Take responsibility for your actions

		Working Towards	Within	Expected	Above
T	To express how I feel about the changes that will happen to me during puberty.				
	To understand that puberty is a natural process that happens to everybody and that it will be ok for me.				
	To know how to develop my own self esteem.				

Respect

		Working Towards	Within	Expected	Above
R	To be aware of my own self-image and how my body image fits into that.				
	To explain how a girl's and boy's bodies change during puberty and understand the importance of looking after yourself physically and emotionally				
	To understand that sexual intercourse can lead to conception and that is how babies are usually made.				
	To also understand that sometimes people need IVF to help them have a baby.				

Safe

		Working Towards	Within	Expected	Above
S	To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).				

Highlights: _____
