



Athersley South Primary School

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Me and My Body - Year 5

Dear Parents/ Carers,

This term we will be learning about how our bodies change and grow and how we can keep ourselves safe and healthy.

The science national curriculum objectives we will cover are:

- describe the changes as humans develop to old age.
- draw a timeline to indicate stages in the growth and development of humans.
- learn about the changes experienced in puberty.

This learning links in really well with our PSHE work from the national curriculum for health and relationships, where the objectives we will cover are:

- I understand how to maintain personal hygiene.
- I can explain the main physical and emotional changes that happen during puberty.
- I can ask questions about puberty with confidence.
- To understand how puberty affects the reproductive organs.
- To describe how to manage physical and emotional changes during puberty.
- To be able to explain how to stay clean and get help (if needed) during puberty.

At Athersley South we are passionate about delivering a curriculum that provides all of our children with the skills, knowledge and confidence they need to live healthy, happy and successful lives now and in the future.

We cover the national curriculum for science and the health and relationships curriculum in personal, social, health, economic education (PSHE). Through this, we aim to teach our children to understand their bodies and how they can keep themselves safe, healthy and happy as they are growing and changing.

During these lessons, children may ask questions and all staff in our school will respond to these with sensitivity and kindness and provide the relevant facts at an age-appropriate level. Your children may also ask you questions in their safe home space to clarify their understanding or share any worries they have about their changing bodies.

If you have any questions about the lesson content or concerns over any of the national curriculum objectives, please speak to your child's class teacher or myself as subject leader who will be able to share the resources and explain the content in more detail.

Many thanks,

Miss Milner





Vocabulary Learnt Me and My Body Topic

This page breaks down vocabulary into the year it will be introduced. I hope it helps to support you and your child/ren at home if they have questions or worries.

In Year 1 and Year 2

similar
different
boy/girl
male/female
private parts
penis
vagina and vulva
clean

In Year 3

similar/different
male/female
penis and testicles
lifecycle
vagina, vulva and womb
gender roles and stereotypes
family
relationships

In each year, the previous learning will be reviewed to ensure children are confident with the earlier language before moving onto new concepts.

In Year 4

puberty
lifecycle
reproduction
breasts
sperm
egg
physical and emotional changes

In Year 5

puberty
moods
menstruation / periods
tampon
period pads/towels
wet dreams
semen
erection
sweat
breasts
spots
pubic, facial and underarm hair