

Christopher Winter Project – SRE
Age Group: Year 5
Puberty

Vocabulary

Puberty, Physical changes

Emotional changes, Moods

Menstruation, Periods

Tampons, Sanitary towels

Wet dreams, Semen

Erection

Sweat

Breasts

Spots

Pubic hair, Facial hair

Underarm hair

What I already know:

Year 4

- That puberty is an important stage in the human lifecycle
- That some changes happen during puberty
- That physical and emotional changes happen in puberty
- That children change into adults to be able to reproduce if they choose to
- That respect is important in all relationships including online
- That friendships can make people feel unhappy or uncomfortable

What I will learn now:

- To explore the emotional and physical changes occurring in puberty
- To understand male and female puberty changes in more detail
- To explore the impact of puberty on the body and the importance of physical hygiene
- To explore ways to get support during puberty

What I will learn next:

Year 6

- To consider puberty and reproduction
- To explore the importance of communication and respect in relationships
- To consider different ways people might start a family
- To explore positive and negative ways of communicating in a relationship

