



The mindful approach to PSHE

Year 5

Changing Me

Lesson 1 (03.07.18)- Understand how a girls' and boys' bodies change during puberty and the importance of looking after myself physically and emotionally.

Lesson 2 (04.07.18) - Understand that sexual intercourse can lead to conception and that this is how babies are usually made. Understand that sometimes people need IVF to help them have a baby. Appreciate how amazing it is that the human bodies can reproduce in these ways.

Parts of these lessons will be taught in single gender groups.

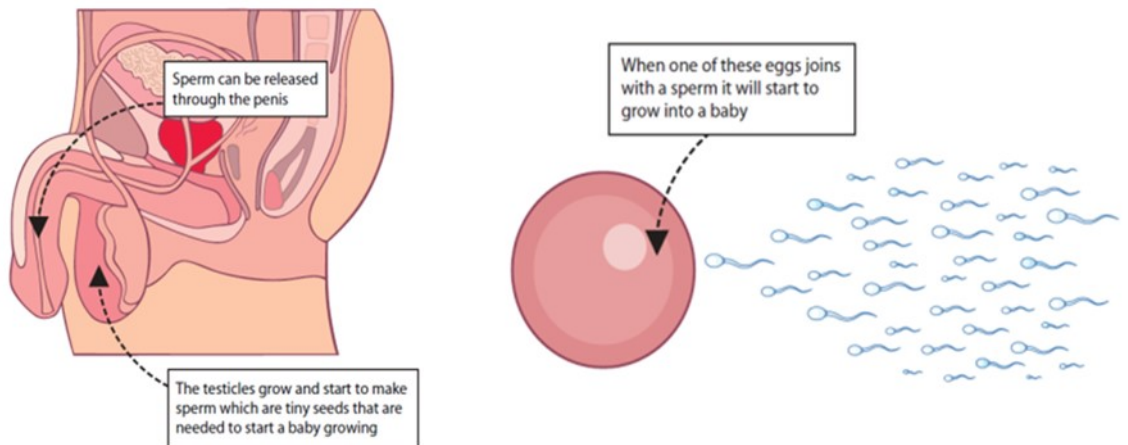
Vocabulary that will used:

Lesson 1

Puberty, Menstruation, Periods, Sanitary towels, Sanitary pads, Tampons, Ovary, Vagina, Womb/ Uterus, Sperm Semen, Testicles/Testes, Erection, Ejaculation, Wet Dream, Larynx, Facial Hair, Growth Spurt, Hormones.

Lesson 2

Relationships, Conception, Making Love, Sexual intercourse, Fallopian Tube, Fertilisation Pregnancy, Embryo, Umbilical Cord, Contraception Fertility treatment (IVF)



Please Note: -

All Diagrams to be used during lesson 1 and may be referred back to in lesson 2.

