

**Goonhavern Primary School- PSHE**

**TOPIC: Puberty  
Christopher Winter's  
Project Lesson 1,2,3**

**YEAR: 5**

**STRAND: Growing Up**

- Know and respect the body differences between ourselves and others.
- Name male and female body parts using agreed words.
- Understand that each person's body belongs to them.
- Understand personal space and unwanted touch.
- Understand that puberty is an important stage in the human lifecycle.
- Know some changes that happen during puberty.
- Know about the physical and emotional changes that happen in puberty.
- Understand that children change into adults to be able to reproduce if they choose to.

**Lesson 1: Talking about Puberty**

- Explain the main physical and emotional changes that happen during puberty
- Ask questions about puberty with confidence

**Lesson 2: The Reproductive System**

- Understand how puberty affects the reproductive organs
- Describe what happens during menstruation and sperm production

**Lesson 3: Puberty, Help and Support**

- Explain how to keep clean during puberty
- Explain how emotions/relationships change during puberty
- Know how to get help and support during puberty

**TEACHERS TO USE LESSON PLANS AND RESOURCES FROM CHRISTOPHER WINTER'S PROJECT**

**Vocabulary**

Puberty	Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction.
Breasts	The two soft protruding organs on the upper front of a woman's body which secrete milk after childbirth.
Pubic hair	Hair that grows in private areas during puberty.
Facial hair	Hair that may start to grow on males during puberty.
Underarm hair	Hair that grows underarms during puberty.

Moods	A state of mind or feeling.
Menstruation (period)	The process of a woman discharging blood from the lining of the uterus about once a month.
Tampons	A plug of soft material inserted into the vagina to absorb menstrual blood.
Sanitary towel	An absorbent pad worn by women to absorb menstrual blood.
Wet dreams	A dream which causes ejaculation of semen.
Semen	Male reproductive fluid containing sperm.
Erection	Enlarged and rigid state of the penis usually during sexual excitement.

Image/diagram that helps me to articulate my knowledge/understanding	Investigate!
	<ul style="list-style-type: none"> <li>• Sorting and matching puberty cards.</li> </ul>

Goonhavern Primary School		
TOPIC:	YEAR:	STRAND:

Q1	Start of Unit	End of Unit	Q3	Start of Unit	End of Unit

