

## Year 5 Summer 2

### Puzzle: Changing Me

#### Home Discussions

What makes you feel embarrassed (the types of situations, not specific events)?

How do you cope with embarrassment?

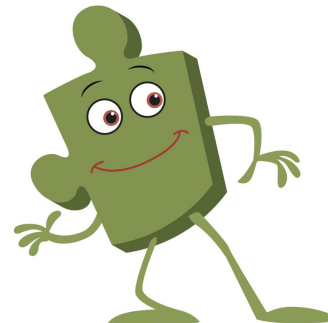
What responsibilities might you have as you grow older?

What are you worried or excited about in the move to Year 6?

Children may want to talk about what they have discussed in school, at home and may prefer asking their questions here. It is important for children to know that although puberty affects private parts of their bodies, the changes are normal and every adult has been through these changes just like them.

#### Puzzle Pieces

1. Self and Body Image
2. Puberty for my gender
3. Puberty for the other gender
4. Looking Ahead
5. Looking Ahead



#### Vocabulary

Self-image

Body-image

Self-esteem

Puberty

Menstruation

Periods

Ovary/ Ovaries

Vagina/ Vulva

Oestrogen

Womb/ Uterus

Sperm

Penis

Testicles

#### RHE & Science

In Piece 2, the children will learn about the changes that happen to their gender during puberty. This will be revision of their learning in Year 4. They will use the correct names for body parts. Children may feel embarrassed and giggle during this learning and this helps to identify that we are discussing private body parts that we do not usually discuss. Cartoon style pictures are shown to illustrate these changes.

In Piece 3 the children learn how the bodies of the other gender change during puberty.

Pieces 2 and 3 will be taught in single gender classes.