



**Topic:**  
**Year 5 – Growing & Changing**  
**Y6- puberty**

**PSHE Cycle A**  
**Summer 1 Y5/6**



Key Vocabulary- Revisited

puberty	Changes children go through
menstruation	A girls period
hormones	Chemical produced by the body
testosterone	Chemical produced by the male body
oestrogen	Chemical produced by the female body



**Helpful hints:** You can call Childline at any time for free on 0800 1111, send them an email, or post on their online message board. There is always someone available to help. No problem is too big or small. Childline is a 'confidential' service. This means that they won't tell anyone else that you have

New Knowledge

Hormone changes are also responsible for the changes in our bodies. Testosterone in boys and oestrogen in girls are the chemical messengers that travel through the body at the time of puberty, telling it to grow and change to start turning into an adult.

During puberty, feelings can seem more intense and they can change rapidly. These are called mood swings.

Everyone goes through these changes. Some people will be affected by their hormones more than others and people may be affected in different ways. There is no right or wrong way to feel but it is important to remember that you are not the only person feeling the way you do. Changing emotions are a normal part of growing up.

The biggest change during puberty for girls is starting their periods. This is also called

Prior Learning

**In Early Years, pupils learned:**

**In Year 1 and 2 pupils learned:**

Keeping clean and having good hygiene is of great importance

**In Year 3 and 4 pupils learned:**

Mental wellbeing is a normal part of daily life in the same way as physical health which we need to look after.

