



Unit of work  
RSE- Growing and Caring for Ourselves

Year group  
5

### Prior learning

Children know the basic facts of puberty and understand that it is linked to reproduction.

### National Curriculum

### Knowledge/ Skills

- Children can explain the main physical and emotional changes that happen during puberty.
- Children can ask questions about puberty with confidence.
- Children understand how puberty affects the reproductive organs.
- Children can describe what happens during menstruation and sperm production.
- Children can explain how to keep clean during puberty.
- Children can explain how emotions and relationships change during puberty.
- Children know how to get help and support during puberty.

### Vocabulary and definitions

Word	Definition
Puberty	the period during which adolescents reach sexual maturity and become capable of reproduction
Physical changes	physical growth and development on the outside of children's bodies
Emotional changes	change and development of feelings and emotions
Moods	a temporary state of mind or feeling
Menstruation	monthly bleeding that occurs in women as the uterine lining is shed
Semen	the male reproductive fluid
Sweat	the clear, salty liquid that you pass through your skin
Facial hair	hair grown on the face,
Sexual feelings	a motivational state and an interest in sexual objects or activities

### Pictures/ timelines/ map/ diagrams

