



Unit of work
Living long, Living strong

Year group
5

Prior learning

Children can explain differences between males and females.
Children can explain what constitutes a healthy lifestyle.

National Curriculum

- RSE: Growing and caring for ourselves
- Valuing difference and keeping safe
- Puberty
- Healthy eating and exercise
- Goal setting and motivation

Knowledge/ Skills

- Children can explain the main physical and emotional changes that happen during puberty.
- Children can confidently ask questions about puberty.
- Children understand how puberty affects the body and emotions.
- Children can describe how to manage physical and emotional changes.
- Children can explain how to stay clean during puberty.
- Children can describe how their emotions change during puberty.
- Children know where to get support from during puberty.
- Children understand the importance of a balanced lifestyle.
- Children can name some skills and attributes of an effective learner.
- Children understand what they need to do to keep going towards their goal.

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,
Lifestyle	the way in which a person lives
Role model	a person looked to by others as an example to be imitated
Perseverance	persistence in doing something despite difficulty or delay in achieving success

Significant people/days

School nurse

Walk to School Week- 18th – 25th May