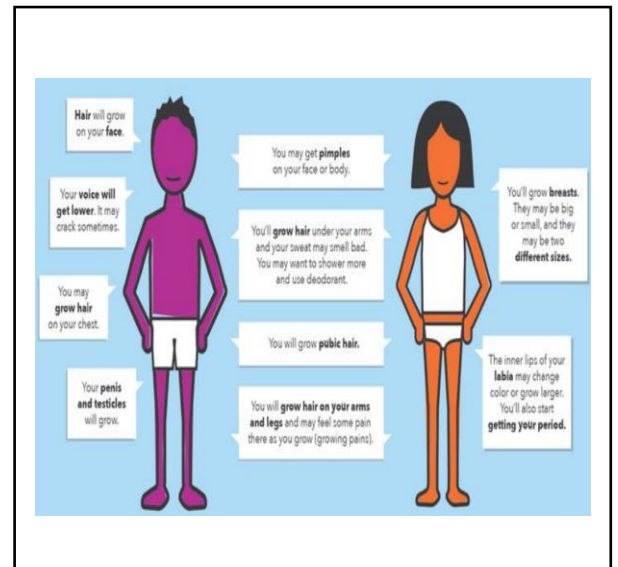


PSHE Knowledge Organiser

UKS2 Year 5 Term: 6 - Changing Me

National Curriculum Objectives

- Know what perception means and that perceptions can be right or wrong
- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know that sexual intercourse can lead to conception
- Know that some people need help to conceive and might use IVF
- Know that becoming a teenager involves various changes and also brings growing responsibility



Key vocabulary An egg and sperm joins together to make a baby

Word	Meaning
Body image	The thoughts and feelings that a person has of their physical self
Self-esteem	Confidence in one's own worth or abilities; self-respect.
Puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
Conception	The action of conceiving a child.

Sticky Knowledge:

- Everyone has their own unique, personal identity. This can be influenced from various factors including race, gender, faith, culture and hobbies
- Sometimes people need support to help boost their mood, it is good to talk to people about how we are feeling and help think of ways to look after our wellbeing
- During puberty girls start to have periods (menstruate). During puberty boys start to have erections and 'wet dreams'