

## Year 5 – Changing me

Over the term, we will be looking at ourselves. We will look at what our life cycle is and what happens during this period of time. We will also look at the changes that happen to ourselves as we grow.

### In this unit children will:

- Know how to develop my own self esteem.
- Understand that puberty is a natural process that happens to everybody and that it will be OK.
- Express how they feel about the changes that will happen to them during puberty.
- Appreciate how amazing it is that human bodies can reproduce in these ways.

### Prior Learning

EYFS – Growing up

Year 1-4 Changing Me

### Cross Curricular Links

Science – Body parts

PE – Exercise

### Key Questions

- What does growing up mean to you?
- What is maturing?
- How do we make grow up?
- Does everyone grow the same?
- What can we do to make sure we grow up healthy?

### Vocabulary

**Changes** – make or become different.

**Life cycle** – a series of changes that a living thing goes through from the beginning of its life until death.

**Adulthood** – the state or condition of being fully grown or mature.

**Grown up** – becoming an adult.

**Mature** – fully developed physically or full grown.

**Affection** – a gentle feeling of fondness or liking.

**Puberty** - the period which adolescents reach sexual maturity and become capable of reproduction.

### Key Knowledge

- Every minute and every second we are growing, either physically or mentally and therefore making **changes** to our body.
- You keep growing until you're 20 years old, then you start to hit **adulthood**.
- Keeping your body healthy helps it grow and **learn new** things.
- All humans go through the same **life cycle** but at different stages; from being inside the parent to growing old.
- Animals also go through a **life cycle**; however this is different to the one of humans.