



UNIVERSITY OF
CAMBRIDGE
PRIMARY SCHOOL

Health Education at UCPS

Parent Presentation for Year 5



UNIVERSITY OF
CAMBRIDGE

*Due to the first lockdown, we made the decision to delay the Health Education sessions from the summer term as we did not feel these should be delivered remotely. We are therefore planning to deliver the missed sessions before the end of this term. This presentation will give you an overview of the content of the lessons. Please do get in touch with your class teacher by **1 December 2020** if you have any questions about this.*

Reception Our Lives	Lesson 1: Our Day Lesson 2: Keeping Ourselves Clean Lesson 3: Families
Year 1 Growing and Caring For Ourselves	Lesson 1: Keeping Clean Lesson 2: Growing and Changing Lesson 3: Families and Care
Year 2 Differences	Lesson 1: Differences: Boys and Girls Lesson 2: Differences: Male and Female Lesson 3: Naming the Body Parts
Year 3 Valuing Difference and Keeping Safe	Lesson 1: Differences: Male and Female Lesson 2: Personal Space Lesson 3: Family Differences
Year 4 Growing Up	Lesson 1: Growing and Changing Lesson 2: What is Puberty? Lesson 3: Puberty Changes and Reproduction
Year 5 Puberty	Lesson 1: Talking about Puberty Lesson 2: Male and Female Changes Lesson 3: Puberty and Hygiene
Year 6 Puberty, Relationships and Reproduction	Lesson 1: Puberty and Reproduction Lesson 2: Understanding Relationships Lesson 3: Conception and Pregnancy Lesson 4: Communication in Relationships

- Due to missed content from Summer 2020, we will be teaching the Year 4 content to Year 5 this term.

Overview

Year 4

Growing Up Key Stage 2

Scheme of Work

Word BOX: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

PSHE

Programme of Study

Core Theme 1:

Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them
- about human reproduction

Science Attainment

Targets

- describe the changes as humans develop to old age

Learning Intentions and Learning Outcomes

Learning Intention

To explore the human lifecycle

Learning Outcomes

Describe the main stages of the human lifecycle
Describe the body changes that happen when a child grows up

Learning Intention

To identify some basic facts about puberty

Learning Outcomes

Discuss male and female body parts using agreed words
Know some of the changes which happen to the body during puberty

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes

Know about the physical and emotional changes that happen in puberty
Understand that children change into adults so that they are able to reproduce

Lesson Title

Lesson 1

[Growing and Changing](#)

Lesson 2

[What is Puberty?](#)

Lesson 3

[Puberty Changes and Reproduction](#)

Resources

[Lifecycle pictures](#)

[Lifecycle word cards](#)

[What has changed? worksheet](#)

[Lifecycle Quiz slides](#)

[Lifecycle Quiz answers](#)

Additional Activities

[Babies and Children worksheet](#)

[Body Part Bingo cards](#)

[Bingo Flash cards](#)

[Body Changes pictures](#)

[Our Bodies worksheet](#)

Story bag items (see lesson plan)

Book: *Hair in Funny Places*, Babette Cole

[Body Changes worksheet](#)

Additional Activities

Suggested reading:

Where Willy Went, Nicholas Allan

Amazing You! Gail Saltz

http://www.bbc.co.uk/science/humanbody/body_interactives/lifecycle/teenagers/

Lesson 1

Learning Intention

To explore the human lifecycle

Learning Outcomes

Describe the main stages of the human lifecycle

Describe the body changes that happen when a child grows up

Lesson 1

Lifecycle Word Cards	
Baby	Toddler
Child	Teenager
Adult	Elder

What has changed?	
How has the child's body changed since it was a toddler?	
What can the child do now that it couldn't do when it was a toddler?	

Lesson 2

Learning Intention

To identify some basic facts about puberty

Learning Outcomes

Discuss male and female body parts using the agreed words

Know some of the changes which happen to the body during puberty

Body Parts Bingo Card game

Penis



Armpits



Womb



Legs



Vagina



Nipples



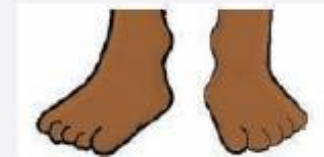
Face

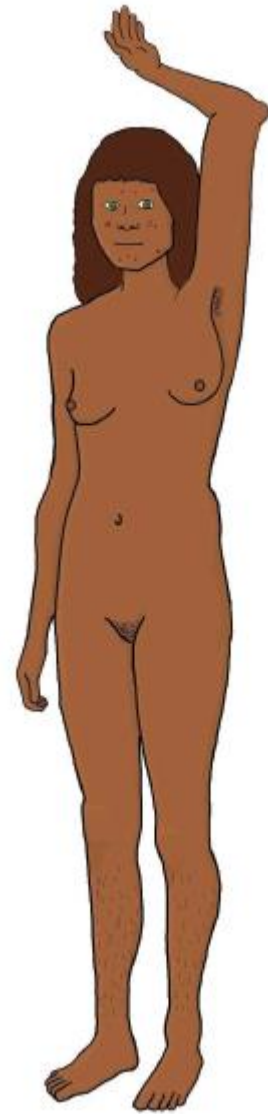
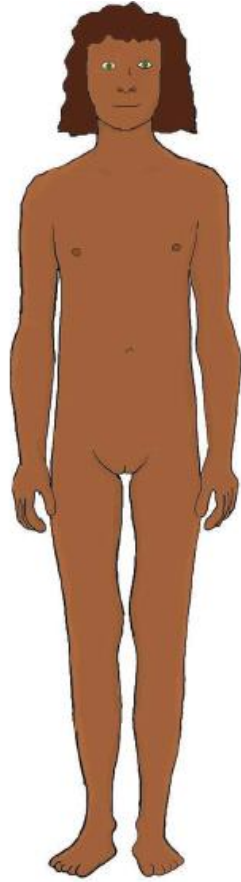


Testicles

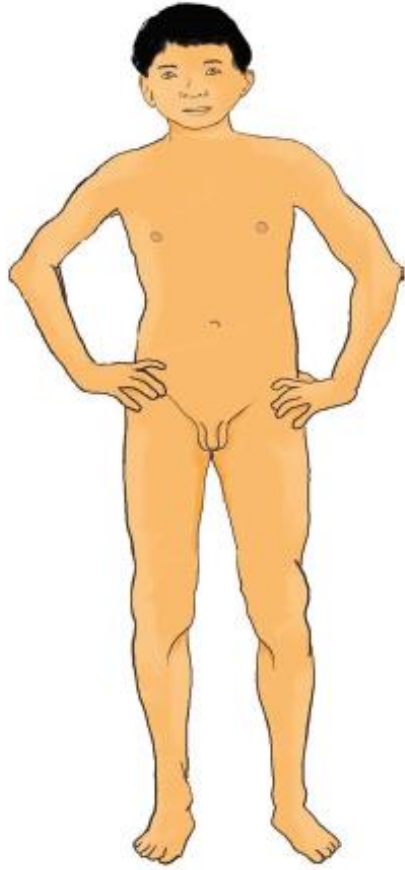


feet

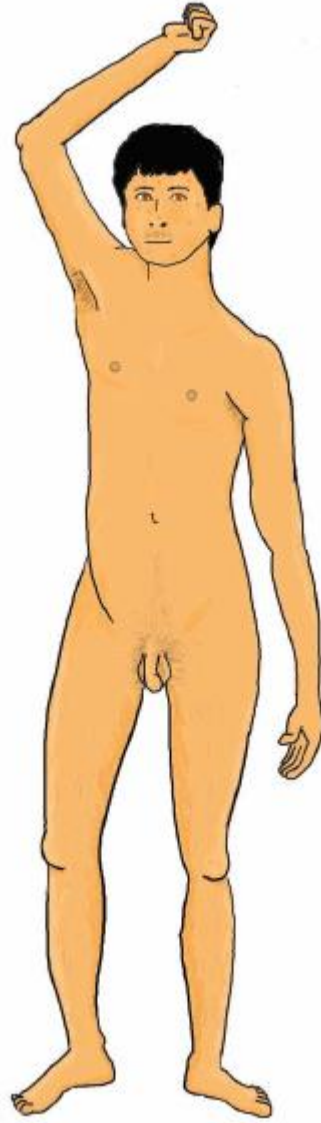




ictures



05



:pictures

Our Bodies

Name _____

Fill in the missing word from the word box

puberty vagina hair penis womb testicles pubic

1. As we grow up we get taller and grow more
on our bodies.
2. is the time when a child grows and changes
to become an adult.
3. The hair around the private parts is called hair.
4. Males have a and females have a
5. Behind the penis a male has two
6. The vagina leads up to the woman's which
is where the baby grows.

Lesson 3

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes

Know about the physical and emotional changes that happen in puberty

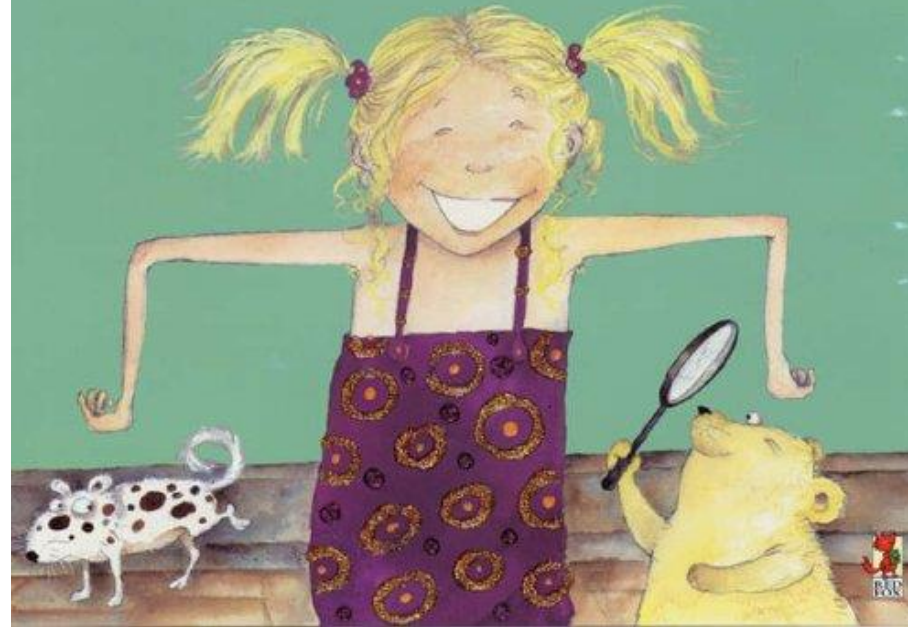
Understand that children change into adults so they are able to reproduce

Body Changes

Changes that happen in puberty...	Male	Female	Both
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			
Hair on legs			
Periods start			
Voice gets deeper			
Has mood swings			
Might think about having a boyfriend/girlfriend			

HAIR *in* FUNNY PLACES

Babette Cole



When

- We will be teaching the sequence of lessons during the week beginning 7th December 2020.

Notes

- Ground rules for sessions will be reiterated each time, including identification of questions not appropriate for these sessions and to be addressed individually elsewhere.
- Anonymous question box
- Appropriateness of content as defined in scheme
- Sensitivity and respect
- Giving distance (e.g. children can write anonymous questions)