



Topic: Health and Wellbeing (Growing and changing; puberty)

Question: **How Will We Grow and Change?**

Learning Expectations:

- About puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams
- How puberty can affect emotions and feelings
- How personal hygiene routines change during puberty
- How to ask for advice and support about growing and changing and puberty

Programme of Study References:

H31, H32, H34

Key Websites:

[Medway Public Health Directorate - Primary RSE lessons \(Y4/5\), 'Puberty'](#)

[Betty - It's perfectly natural](#)

Cross Curricular:

Science

Prior Knowledge: How regular physical activity benefits bodies and feelings. To know the names of the body.

Future Knowledge: To understand how to look after ourselves and to keep ourselves healthy and safe.
To understand the different legal and illegal drugs and the affects this has on us.

Essential Knowledge:

It is important to know our bodies change during puberty so that we are not upset or surprised. Girls start to develop breasts. Both boys and girls start to grow hair in their armpits and around their pubic areas. Boy's voices 'break' (deepen) and they start to grow facial hair.

During puberty girls start to have periods (menstruate).

During puberty boys start to have erections and 'wet dreams'.

Puberty changes the hormones in our bodies. It is important that we wash regularly and maybe use deodorant to stay clean and fresh.

Puberty can change effect our emotions.

Key Vocabulary:

puberty, female, genitals, breasts, uterus, womb, egg, period, genital, menstruation, hormones, oestrogen, sex hormones, vulva, vagina, teenager, acne, ovaries, puberty, male, penis, testes, testicles, sperm, erection, Adam's apple, testosterone