



19<sup>th</sup> April 2021

Dear Year 5 parents/carers,

This half term in Science, we are focusing on the National Curriculum topic of: *Human and Animal changes including the human life cycle and reproduction in animals and humans*. We will have a series of 6 lessons exploring the subjects of: Human time line (from fertilisation to death), growth of babies, puberty, changes in old age, gestation period and life expectancy.

Alongside this Science topic, we will be looking at the topic 'Changing Me' in PSHE this term; learning about what happens as humans change through childhood to adolescence, specifically changes to their bodies (including psychological) during puberty. We will follow the PSHE scheme of work provided by Jigsaw ([www.jigsawpshe.com](http://www.jigsawpshe.com)). The lesson objectives for each session are below.

### Core objectives of the 'Changing Me' topic:

1. *I can describe how boys' and girls' bodies change during puberty.*
2. *I can express how I feel about the changes that will happen to me during puberty.*
3. **Jigsaw Scheme of work for year 5: Changing me objectives**
4. 1. Self and Body Image
5. LO: I am aware of my own self-image and how my body image fits into that I know how to develop my own self esteem
6. 2. Puberty for Girls
7. LO: I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally, I understand that puberty is a natural process that happens to everybody and that it will be ok for me
8. 3. Puberty for Boys
9. LO: I can describe how boys' and girls' bodies change during puberty I can express how I feel about the changes that will happen to me during puberty
10. 4. Conception
11. LO: I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby. I appreciate how amazing it is that human bodies can reproduce in these ways
12. 5. Looking Ahead
13. LO: I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). I am confident that I can cope with the changes that growing up will bring
14. 6. Looking Ahead to Year 6
15. LO: I can identify what I am looking forward to when I am in Year 6 I can start to think about changes I will make when I am in Year 6 and know how to go about this

Great Barford Church of England Primary Academy  
Silver Street, Great Barford Beds, MK44 3HZ Tel: 01234 870342 E-mail: [admin@gbpa.org.uk](mailto:admin@gbpa.org.uk)

Great Barford Church of England Primary Academy is part of Unity Church of England Academy Trust, a charitable company limited by guarantee and registered in England and Wales with company number 7563436.



**Key vocabulary expected to be used in Science and PSHE:**

*Sexual Intercourse, Conception, Fertilisation, Embryo, Foetus, IVF, Vagina, Breasts, Ovary, Ovum/Egg, Pregnancy, Fallopian Tube, Umbilical Cord, Menstrual Cycle, Periods, Sanitary Towels, Tampons, Womb/Uterus, Puberty, Pubic hair, Penis, Testicles/Testes, Erection, Ejaculation, Sperm, Semen and Wet Dreams.*

Please be aware, that children will likely wish to discuss their learning with parents/carers at home and will possibly have more questions for you. If you have any concerns or questions, please do not hesitate to contact myself and I will be more than happy to answer any questions or alleviate any concerns.

Regards,  
Mrs E Humphrey  
Year 5 Class Teacher

---

Great Barford Church of England Primary Academy

Silver Street, Great Barford Beds, MK44 3HZ Tel: 01234 870342 E-mail:admin@gbpa.org.uk

Great Barford Church of England Primary Academy is part of Unity Church of England Academy Trust, a charitable company limited by guarantee and registered in England and Wales with company number 7563436.

