

P.S.H.E

Summer 2 Year 5

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, understanding relationships and preparing them to make the most of life and work.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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Self and Relationships

What is Puberty?

To identify the external genitalia and internal reproductive organs in males and females.

To know about the physical and emotional changes that happen when approaching and during puberty.

To know about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.

British Value:

Democracy, Rights and Responsibility, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance of Difference.

Key Vocabulary

consent	puberty	changes
menstruation	hormones	adolescent

Pupil Reflection:
