



PSHE (including RSE) YEAR 5 Knowledge Organiser

Growing and Changing- Spring Term 1

Lessons		Planned Experiences	Vocabulary
SCARF	How are they feeling?	Play emotions bingo- Explore the meanings of similar emotions words. How are they feeling? Read the scenarios with a partner and decide which word might best describe that person's feelings.	Emotions, afraid, sorry, astonished, delighted, pensive, apprehensive, disgusted, bored, pessimistic, resigned, lethargic, isolated, amazed, afraid.
SCARF	Taking notice of our feelings	Who we trust activity- Out of the identified groups of people (close family and friends, people we know the names of, people we recognise but don't know the names of), who are the people that we trust? Talk about what we should do if someone makes us feel unsafe or uncomfortable and how we can stop unwanted touch and attention. Reinforce the NSPCC Underwear Rule.	Trust, safe, comfortable, unsafe, uncomfortable.
SCARF	Dear Ash	Read the story of Chris' Secret. Children either write a letter to Ash giving him advice or role play the situation.	Mood swings, respect, compromise, in confidence, break a confidence, confidential.
SCARF	Growing Up and Changing Bodies	Explore taking care of our bodies during puberty. What's in the bag- deodorant, tissues, shower gel, washing powder, spot cream/ facial wash, period products, hair growth. Discuss the way that female bodies grow and change (breasts develop to enable a female to feed a baby, hips widen, height increases, vagina begins to self-clean, producing vaginal discharge, periods begin, and body hair grows around the genitalia and under the arms). Discuss the way that male bodies grow and change (height increases, chest and shoulders grow bigger, body hair grows on the face, under armpits, and around the genitalia, penis and testes grow in size, semen begins to be produced, involuntary erections and wet dreams may be experienced).	Puberty, period, period pads, sanitary protection, hormones, wet dreams, Ovaries, fallopian tube, uterus (womb), vagina.
SCARF	Changing Bodies and Feelings	Labelling External Body Parts- Label the male and female external body parts. Emotions and Feelings- True or False? Thoughts, feelings or emotions that a person might experience during puberty.	Pubic hair, clitoris, outer lips, inner lips, vaginal opening, urinary opening, vulva, penis, scrotum, testicles, foreskin, anus.
SCARF	I'm a teenager, get me out of here	Help! I's a teenager activity- Identify different types of conflict that may arise during puberty (emotional changes) and explore options for dealing with them respectfully. Make a Top 10 Tips to cope with changing emotions.	Emotions, mood swings, conflict, compromise, respect.

What questions might I be asked?

- Why is my body going to change?
- How is my body going to change?
- Do you have feelings like a rollercoaster?
- Will I feel up and down?
- When did you first fancy someone?
- Do you have hormones?
- When will I start my periods?
- When did you start your periods?
- What sanitary products do you use?
- When will I have a wet dream?
- Have you had a wet dream?
- What's an erection?

Useful Resources

- The Period Book: A Girl's Guide to Growing Up by Karen Gravelle
- Everything You Ever Wanted to Ask about Periods by Tricia Kreitman
- The Body Image Book for Girls: Love Yourself and Grow Up Fearless by Charlotte Markey
- What's Going on Down There? A Boy's Guide to Growing Up by Karen Gravelle
- Everything You Ever Wanted to Ask about Willies and Other Boy's Bits by Tricia Kreitman
- Let's Talk About Sex: Changing bodies, growing up, sex and sexual health by Robbie H.Harris and Michael Emberly
- Me and My Feelings by Vanessa Green Allen
- Hetty Feather by Jacqueline Wilson
- A Secret or a Surprise by Michelle L.Nelson
- Do you have a secret? By Jennifer Moore-Malinos
- BBC Puberty: What's happening to my body?
- Puberty Video- <https://amaze.org/?topic=puberty>
- NSPCC The Underwear Rule- <https://www.nspcc.org.uk/globalassets/documents/advice-and->

Key Facts and Learning Outcomes

- Use a range of words and phrases to describe the intensity to different feelings.
- Distinguish between good and not so good feelings, using appropriate vocabulary to describe these.
- Explain strategies they can use to build resilience.
- Identify people who can be trusted.
- Understand what kinds of touch are acceptable and unacceptable.
- Explain the difference between a safe and an unsafe secret.
- Identify situations where someone might need to break a confidence in order to keep a secret.
- Identify some products that they may need during puberty and why.
- Know what menstruation is and why it happens.
- Know the correct words for the external sexual organs.
- Discuss some of the myths associated with puberty.
- Recognise how our body feels when we are relaxed.
- Describe and/ or demonstrate how to be resilient in order to find someone who will listen to you.