

# Year 5 – The Human Body

## Why are we changing?



### Vocabulary

|            |                                                                                                          |
|------------|----------------------------------------------------------------------------------------------------------|
| Well-being | Well-being is a combination of how good we are feeling good and whether our bodies are functioning well. |
| exercise   | Physical activity that a person does to make their body strong and healthy.                              |
| nerves     | Tiny parts of the body that send signals from the brain to the rest of the body's systems.               |
| puberty    | A process that teenagers go through where their bodies develop reading to reproduce.                     |
| diet       | The kinds of food that a person or community eats.                                                       |
| ovaries    | The organ in a female that produces eggs and certain hormones.                                           |
| vagina     | Part of the female reproductive system.                                                                  |
| penis      | The male reproductive organ.                                                                             |

### Key Facts

- There is no "correct" time for puberty to start - it is different for everyone.
- There are laws in place to protect our bodies from harm by others.



### Key Questions

- What happens to the bodies of boys and girls as they grow?
- How can being active help your body?
- Who can we talk to if we are worried about our bodies?

### Cross Curricular Learning

- Science – Animals including humans; describe the changes as humans develop to old age
- PE – the importance of exercise and diet



Learning Journey

My Body Changes

- To know where the key body parts are located and use the correct, biological terminology for them.
- To discuss puberty and what this means.
- To explore how the human body changes as it ages.
- To know who we can speak to if we are worried about anything.

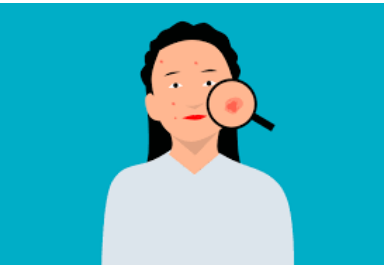
The Human Body

- To discuss how exercise and diet support the healthy functioning of the human body.
- To explore how body parts work independently and together with other body parts.

Keeping my body the same

- To know that our bodies belong to us.
- To discuss which laws are there to protect us and the rights that they give us.

Part of puberty



Year 6

My amazing body  
Organisation of life

Year 4

keeping my body safe