



Year 5—Learning for Life

Growing and changing



You have already learnt...

Describe the main stages of the human lifecycle

Describe the body changes that happen when a child grows up

Key Knowledge

Explain the main physical and emotional changes that happen during puberty

Ask questions about puberty with confidence

Key Skills

Describing the human lifecycle

| Key vocabulary | |
|---------------------|---|
| emotional changes | How your emotions change as you grow up |
| physical changes | How your body looks and feels different as you grow up |
| puberty | the name of the time when your body begins to develop and change as you move from a |
| sweat | salty moisture through the pores of the skin when a body is hot |
| reproductive system | the tissues, glands and organs involved in producing offspring |

Next year you will learn...

Describe how and why the body changes during puberty in preparation for reproduction

talk about puberty and reproduction with confidence