



The ASPIRE Curriculum-Key Learning

Title: Changing Me

Year 5 Summer 2

Subject: PSHE

Key Knowledge	Key Skills (Social and Emotional)	Key Vocabulary	
<ul style="list-style-type: none"> I know what perception means and that perceptions can be right or wrong. I know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally. I know that sexual intercourse can lead to conception. I know that some people need help to conceive and might use IVF. I know that becoming a teenager involves various changes and also brings growing responsibility. <div data-bbox="63 1006 402 1256">  </div> <div data-bbox="402 1013 738 1106" style="background-color: #0070C0; color: white; padding: 5px; text-align: center;"> <p>Romantic relationships</p> </div>	<ul style="list-style-type: none"> I can celebrate what I like about my own and others' self-image and body-image. I can suggest ways to boost self-esteem of self and others. I can recognise that puberty is a natural process that happens to everybody and that it will be OK for me. I can ask questions about puberty to seek clarification. I can express how I feel about having a romantic relationship when I am an adult. I can express how I feel about having children when I am an adult. I can express how I feel about becoming a teenager. I can say who I can talk to if concerned about puberty or becoming a teenager/adult. <div data-bbox="866 1156 1261 1249" style="background-color: #0070C0; color: white; padding: 5px; text-align: center;"> <p>Words to build self esteem</p> </div> <div data-bbox="1299 1106 1643 1328">  </div>	<p>Body image</p> <p>Conception</p> <p>Contraception</p> <p>Ejaculation</p> <p>Erection</p> <p>Perception</p> <p>Personality</p> <p>Sanitary products</p> <p>Sexual intercourse</p> <p>Self-esteem</p>	<p>How a person sees themselves</p> <p>When the sperm joins the egg and fertilises it.</p> <p>Ways to prevent pregnancy.</p> <p>Discharge of semen</p> <p>When the penis is swollen</p> <p>The way something is seen, understand or interpreted.</p> <p>Individual characteristics of a person</p> <p>Products used during menstruation</p> <p>The insertion of the penis into the vagina</p> <p>Confidence in your own abilities.</p>

Changing Me

