

What will happen to my body as I grow up and how can I care for it?

In this unit children will focus on basic anatomy, reinforcing the physical differences between female and male bodies and introduces names and functions of internal organs, building on the work carried out in Years 3 and 4. It examines the changes that happen to people's bodies at various stages in their lives, especially at puberty. It includes learning about menstrual wellbeing. The children will learn about the benefits of carrying out regular hygiene routines, including how good hygiene is important for preventing the spread of viruses and bacteria. They will examine their own personal hygiene practices and consider new personal hygiene routines relevant to puberty. They will examine the ways in which they will have new responsibilities for their personal hygiene in the future.

The main themes covered in this unit are:

- body knowledge
- body functions
- body awareness/image
- personal hygiene
- prevention of illness and disease

Questions the children will explore through the unit are:

- What are male and female sexual parts called and what are their functions?
- How can I talk about bodies confidently and appropriately?
- What happens to different bodies at puberty?
- What might influence my view of my body?
- How can I keep my growing and changing body clean?
- How can I reduce the spread of viruses and bacteria? HP

At the end of the unit most pupils will:

- understand the appropriate scientific names for the external and internal sexual parts of the body, and be able to explain basic functions.
- understand the main changes that happen at puberty, know some ways to manage them, and how it affects people differently.
- have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others.
- understand the importance of washing regularly and of maintaining other hygiene routines during puberty.
- understand ways they can prevent the spread of some bacterial and viral diseases.

Language that will be introduced in this unit:

From Year 1

penis	nipple	testes	vagina
testicles	vulva	anus	private
privacy	male	female	

From Year 3

nipple	scrotum	breast	
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Additional language

bladder	spine	moods	hair
greasy	growth spurt	muscles	hips
body image	self-esteem	self-confidence	
pubic hair	sperm	opening to the urethra	
clitoris	inner labia	sperm duct	urethra
pubic bone	prostate gland	ovary	fallopian tube
endometrium	cervix	outer labia	semen
period	menstruation	sanitary products	HIV
AIDS			

Points to note:

- names of sexual organs of males and females that can be seen from the outside will be shared
- discussion around sexual organs and their functions
- acknowledge that there are some rude words that are used for sexual organs and parts – not appropriate for school
- puberty and the changes that will take place will be discussed
- children will be shown a variety of sanitary products and their merits will be discussed
- illnesses will be discussed including HIV and the development of AIDS

Statutory requirements

In September 2020, the DfE introduced statutory requirements for Relationships Education and Health Education which are to be covered by the end of Primary School. This unit contains teaching which directly addresses the requirements for:

Relationships Education: Being Safe

- how to report concerns or abuse, and the vocabulary and confidence needed to do so.

Health Education: Health Prevention

- about personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing.

Health Education: Changing Adolescent Body

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.