

PSHE – Module 1: Unit 2 – Me, my body and my health Year 5

Prior learning: How to appreciate and look after their bodies as gifts from God.
Children will explore physical and emotional changes that take place during puberty.

At the end of this topic, pupils will know:
 That celebrating differences between people is enriching to a community.
 The physical changes that boys and girls go through, and how to respect this.

Lesson	Learning objectives
Lesson 1: Gifts and talents	<ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and mature • By living and working together ('teamwork') we create community. • There are many different types of family set up • Self-confidence arises from being loved by God (not status, etc.)
Lesson 2: Girls' bodies	<ul style="list-style-type: none"> • That human beings are different to other animals • About the unique growth and development of humans, and the changes that girls will experience during puberty • About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately • The need for modesty and appropriate boundaries
Lesson 3: Boys' bodies	<ul style="list-style-type: none"> • That human beings are different to other animals • About the unique growth and development of humans, and the changes that boys will experience during puberty • About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately • The need for modesty and appropriate boundaries
Lesson 4: Spots and sleep	<ul style="list-style-type: none"> • How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.

Key Vocabulary

Word	Definition
Embarrassed	Feeling shy, awkward, or ashamed, often when something unexpected or uncomfortable happens.
Personal hygiene	The daily habits you do to keep your body clean and healthy, like brushing your teeth and washing your hands.
jealousy	A feeling you get when you want what someone else has, or when you're afraid of losing something or someone you care about.
Growth spurt	A time when your body grows quickly in a short period, often happening during puberty.
natural	Something that happens normally in life or in nature, not made or caused by people.
boundaries	The rules or limits that help keep you and others safe and comfortable, especially in relationships.
private	Something personal or not meant to be shared with everyone; it belongs only to you.



As children of God we are loved, we are called, and we are inspired.

