

Learning Journey Growing and Changing Upper Key Stage 2



Children will increase their vocabulary for the external sexual organs, as well as debunk some of the myths associated with various puberty changes.

Children learn the variety of ways in which a couple can create a family (including through sexual intercourse), and how it can be prevented. They learn the legal age of consent and what it means.

Children apply their knowledge of the various puberty changes, including menstruation, and identify some products that they may need during puberty, and why.

**Year 5
Changing
bodies and
feelings**

**Year 5
Growing up
and
changing
Bodies**

**Year 5
Help! I'm a
teenager-
get me out
of here!**

Children recall that puberty is an emotional as well as a physical change, how and why mood swings occur and how to manage their strong feelings.

**Year 6
Is this normal?**

Children will apply their knowledge of the physical and emotional changes experienced during puberty and list strategies that would help someone who felt challenged by these changes.

**Year 6
Making babies**

**Year 6
What is HIV?**

Children may also learn what HIV is, how it affects the body's immune system; and how it is transmitted and prevented.