

Year 5 and 6: Health and Wellbeing

Subject Specific Vocabulary

Gender identity	This is how you see yourself. Whether you see yourself as a boy, a girl, neither, or both.
Race	Refers to a person's physical characteristics, such as bone structure and skin, hair, or eye colour.
Faith	A belief in a religious faith
Culture	The ideas, customs, and social behaviour of a particular people or society.
Characteristics	A feature or quality belonging typically to a person, helping to identify them.
Ethnicity	Relating to a group of people who share the same culture, race, or nationality.
Stereotype	A stereotype is an assumption about what someone will be like (e.g. their personal qualities or attributes) based on a group they belong to.
Discriminate	Treating someone or a group of people differently, in a worse way because of their characteristics. For example, excluding them from a group.
Assumptions	Something that is accepted as true or as certain to happen, without proof.
The Equality Act 2010	A law that protects you from being treated unfairly because of your race, your age, your religion, sex, gender reassignment, sexual orientation or if you are disabled.

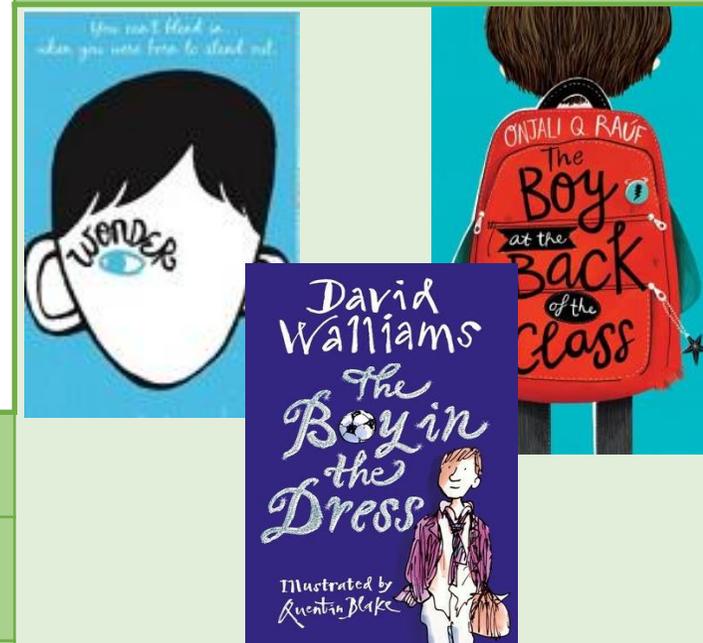
What makes up a person's identity?



What I will learn by the end of this topic:

- How to recognise and respect similarities and differences between people and what they have in common with others
- That there are a range of factors that contribute to a person's identity
- How individuality and personal qualities make up someone's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)
- About stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others
- How to challenge stereotypes and assumptions about others

Linking Books



Previous Learning

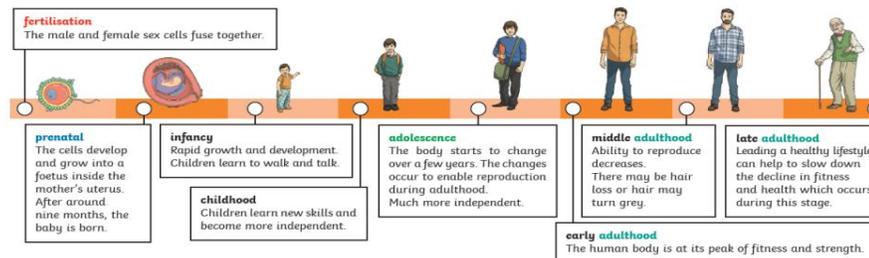
- I understand that feelings change overtime and can be experienced at different levels
- I understand people can be influenced by their peers' behaviour and by a desire for peer approval and how to manage this
- I am aware that rules, restrictions and laws exist to help people keep safe and how to respond to a situation that is anti-social or against the law

Year 5 and 6: Health and Wellbeing

Subject Specific Vocabulary

Puberty	A time when adolescents go through change and become capable of reproduction.
Adolescence	A young persons life between childhood and adulthood.
Genitals	The reproductive organs located on the outside of the body.
Pubic Hair	Hair that grows above the genitals.
Hygiene	Keep cleanliness of the body and proper maintenance of personal appearance.
Hormones	Chemicals the body makes to help it grow.
Reproduction	To create new life.
Conception	The action of conceiving a child.
Contraception	The use of artificial methods to prevent pregnancy
Pregnancy	The condition of a lady, being pregnant, having a baby.
Birth	Having a baby, or other young from the body of its mother.
Egg	A female reproductive cell, also in animals and plants.
Embryo	An unborn baby in the process of development.
Foetus	An unborn baby, more than 8 weeks after conception.
Sperm	A male cell, which combines with the female egg to lead to conception.
Uterus (womb)	An organ in the lower part of a woman, where babies are conceived and grow before birth.

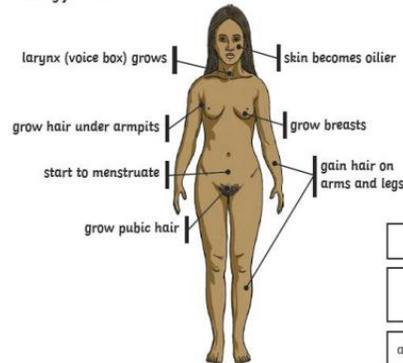
How do we change as we grow?



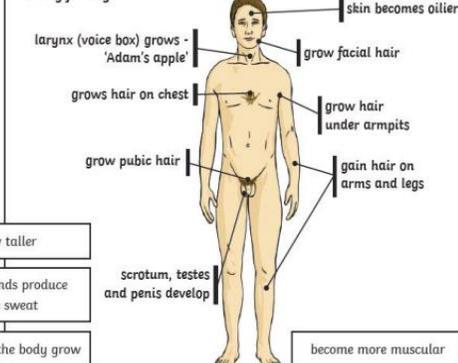
What I will learn by the end of this topic:

- How puberty relates to growing from childhood to adulthood and how the body changes during this time.
- How puberty can affect emotions and feelings
- How personal hygiene routines change during puberty.
- About the reproductive organs and process - how babies are conceived and born and how they need to be cared for that there are ways to prevent a baby being made.
- How to ask for advice and support about growing and changing and puberty.

Puberty for Girls



Puberty for Boys



Healthy Habits:

Have a shower each night or morning.



Use some deodorant after showering.

Wear a clean top each day.



Change your bedtime routine and listen to relaxing, calming music before bed.



Speak to a family member, trusted adult or friend about how you are feeling.



Mention any changes or symptoms to your parents, carers or teachers so they can help you with the correct care or treatment.

Previous Learning

- I'm aware that people's behaviour can affect myself and others
- I understand how to be respectful in different situations and why
- I know some of the different parts of the female and male body
- I know my body will begin to change as I grow
- I know how to respond to inappropriate behaviour and to report concerns