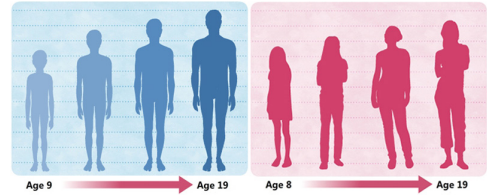


Assessment for PSHCE

Year 5 - Health and Wellbeing 2



How we change and grow?

Learning Objectives	Self	Teacher Assessment	
	√√√	Towards	Expected
I know when puberty might start and the role of changing hormones.			
I know the changes to a boy's body during puberty.			
I know the changes to a girl's body during puberty.			
I understand what menstruation is.			
I understand the changes in emotions and behaviour that may occur during puberty.			
I understand how to stay healthy during puberty through exercise, nutrition and sleep.			

Useful Vocabulary

adrenal androgens
ejaculation
erectons
genitalia
growth spurt
hormones

melatonin
menstruation
oestrogen
ovaries
penis
sperm

testicles
testosterone
uterus
vagina
voice deepening