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| **Year 5: CWP RSE** Puberty |
| **Vocabulary**Puberty, Physical changes Emotional changes, MoodsMenstrucation, Periods Tampons, Sanitary towelsWet dreams, SemenErection Sweat Breasts SpotsPubic hair, Facial hairUnderarm hair  |
| **What I already know:** |
| Year 4* That puberty is an important stage in the human lifecycle
* That some changes happen during puberty
* That physical and emotional changes happen in puberty
* That children change into adults to be able to reproduce if they choose to
* That respect is important in all relationships including online
* That friendships can me people feel unhappy or uncomfortable
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| **What I will learn now:*** To explore the emotional and physical changes occurring in puberty
* To understand male and female puberty changes in more detail
* To explore the impact of puberty on the body and the importance of physical hygiene
* To explore ways to get support during puberty
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| **What I will learn next:** |
| Year 6* To consider puberty and reproduction
* To explore the importance of communication and respect in relationships
* To consider different ways people might start a family
* To explore positive and negative ways of communicating in a relationship
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