

Growing and Changing

Innovation

Prior Knowledge

Year 3—You learnt that there are different types of relationships with people. You also learnt that people go through puberty at different stages of their life.

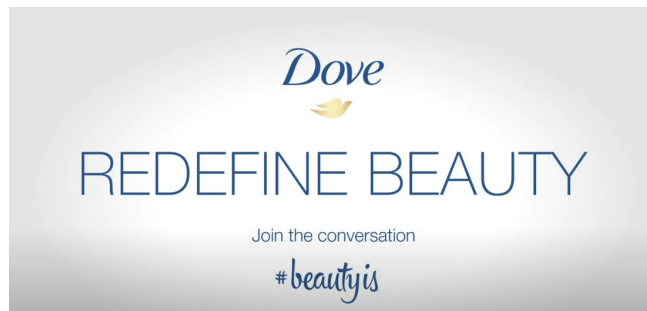
Year 4—You learnt that males and females experience similar and different changes as they experience change. You learnt that periods are a part of going through puberty for females.

In Year 5—You learnt that our bodies feel different depending on how we feel e.g. tense when we are nervous.

In Year 5—In science, you learnt about the human body, differences and similarities between male and female bodies.

Future Knowledge

KS3—You will learn about and develop healthy, nurturing relationships of all kinds.



My Component Knowledge:

Lesson 1: I look great!

Lesson 2: Media manipulation

Lesson 3: Pressure online

Lesson 4: Helpful or unhelpful? Managing change

Lesson 5: Is this normal?

Lesson 6: Making babies

My Composite Knowledge:

I know that there are many different types of relationships and these can sometimes be impacted by pressure online. I know that sometimes, when they are ready, some people choose to start a family with someone they love.

My Powerful Knowledge:

I understand that meaningful relationships take time to build. When people have meaningful relationships with others, they can make choices about their futures together.

Key Vocabulary

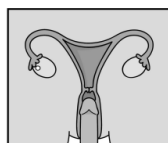
Tier 1: consent, manipulation, stereotype

Tier 2: adoption

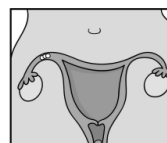
Tier 3: HIV, sexual reproduction, contraception, IVF, surrogacy



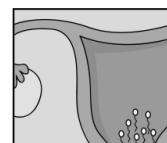
No wonder our perception of beauty is distorted.



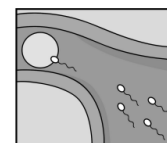
A man and woman have sexual intercourse. All this happens at the time of the month when the woman's body is releasing an egg from the ovary. This is called ovulation.



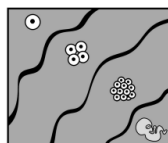
Ovulation—The egg is released from the ovary into the fallopian tube (passage the leads from the ovary to the womb). It starts to travel down the tube very slowly, towards the womb. It will stay in the fallopian tube for a few days.



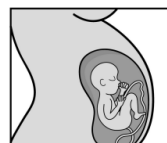
During sexual intercourse the man's penis enters the woman's vagina. He has an orgasm, releasing millions of sperm into her vagina. The sperm swim up the fallopian tube, where the egg is.



One sperm meets the egg and enters it, beginning the first phase of making a baby. This is called fertilisation.



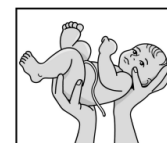
About 1½ days later the fertilised egg (egg and sperm combined) begin to change and grow.



About six days later the egg, now called an embryo, implants in the lining of the womb. This is where the embryo will continue to grow (if the pregnancy continues).



Eventually around nine months later, the baby is ready to be born. Most babies are born head first and will leave the womb, travel down through the cervix and out through the vagina. This is called the labour.



The baby arrives and now needs lots of milk and attention to ensure it grows happy and healthy.