

A Journey in Love - Year 5

Year Five – God loves me in my changing and development

Children become aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom, etc. and grow further in their understanding of God's presence in their daily lives.

Key words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, reproduction, production, hormones, menstruation

Physical and intellectual

Identify and celebrate the ways I have changed since birth

Discuss the external and internal changes which happen to boys and girls in puberty.

Girls: breasts develop, hips broaden, waist slims, ovaries produce oestrogen, hormonal activity, menstruation, growth of hair etc.

Boys: production of testosterone, muscles develop, voice deepens, waist thickens, longer limbs, wet dreams and erections, penis and scrotum enlarge, growth of hair, production of sperm, adam's apple enlarges etc.

Recognise that sexual development is a natural part of human growth and that

physical changes from child to adult means the ability and potential to become a mother or father.

Social and Emotional

Recognise behaviour changes as we grow up. Expectations are different and are often dependent on our experiences, and treatment by others, and our view of the world in which we live.

Reflect on the ways to become more sensitive to the emotional development of oneself and others.

Spiritual

Ask children to share their understanding of change through poetry, prayer, art etc. Share with each other and celebrate the wonder of change.

