

Procedure for teaching

Y5 Science Unit

The Human Body

1. The letter informing parents **must** be sent home **at least** one week before teaching the unit.
2. Lessons in the unit **must not** be altered or adapted without first consulting with SLT.
3. The 2nd lesson, Adolescence, **must not** be altered or adapted without a consultation with parents, which will be organised by SLT.
4. The 2nd lesson, Adolescence, **must** be taught in single-gender classes.

This lesson must be delivered to single-gender classes.

Changes that occur during adolescence

During adolescence, your body changes from being a child to a young adult.

What causes these changes?

Physical changes happen because the body starts to produce chemicals called hormones; oestrogen, progesterone and testosterone.

This happens anywhere between 8 and 18 years of age.

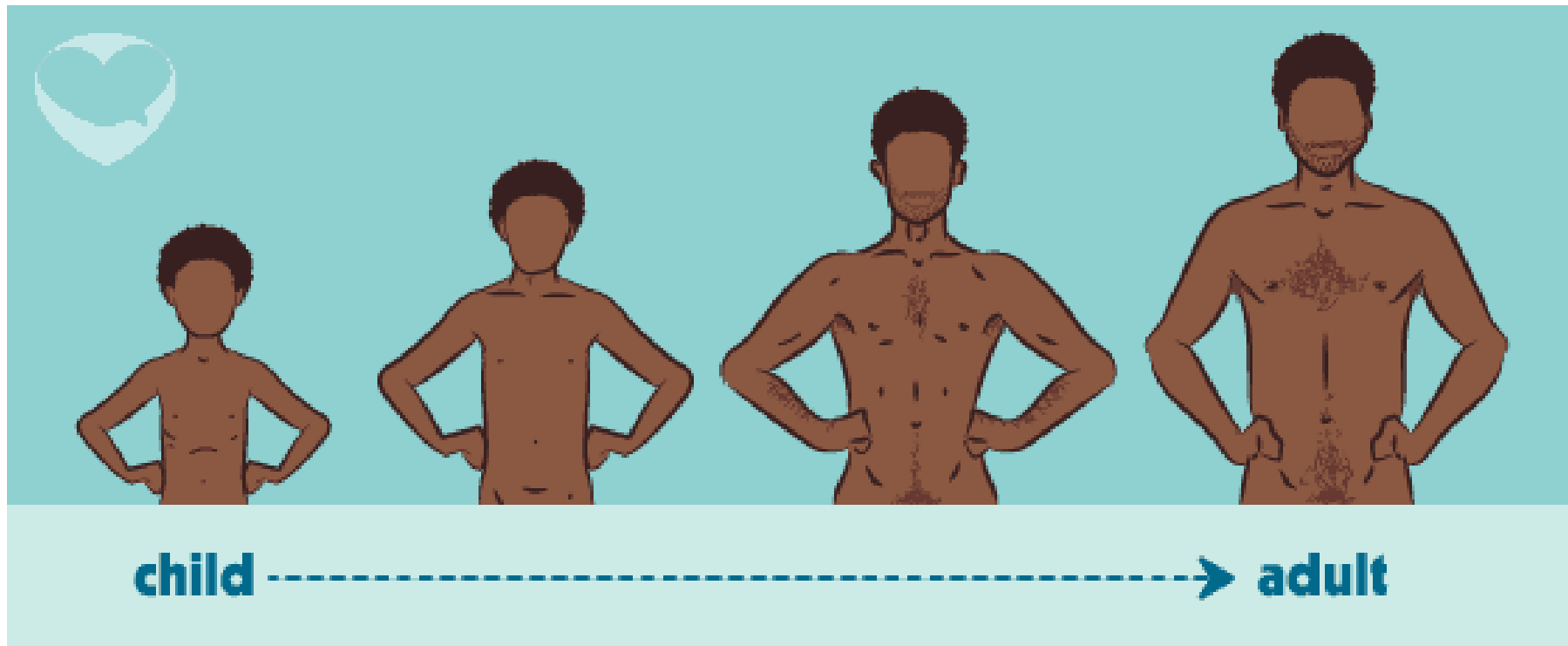
What changes happen to boys?

The male body mainly produces testosterone which starts the changes.

Usually starts between 10-15 years.

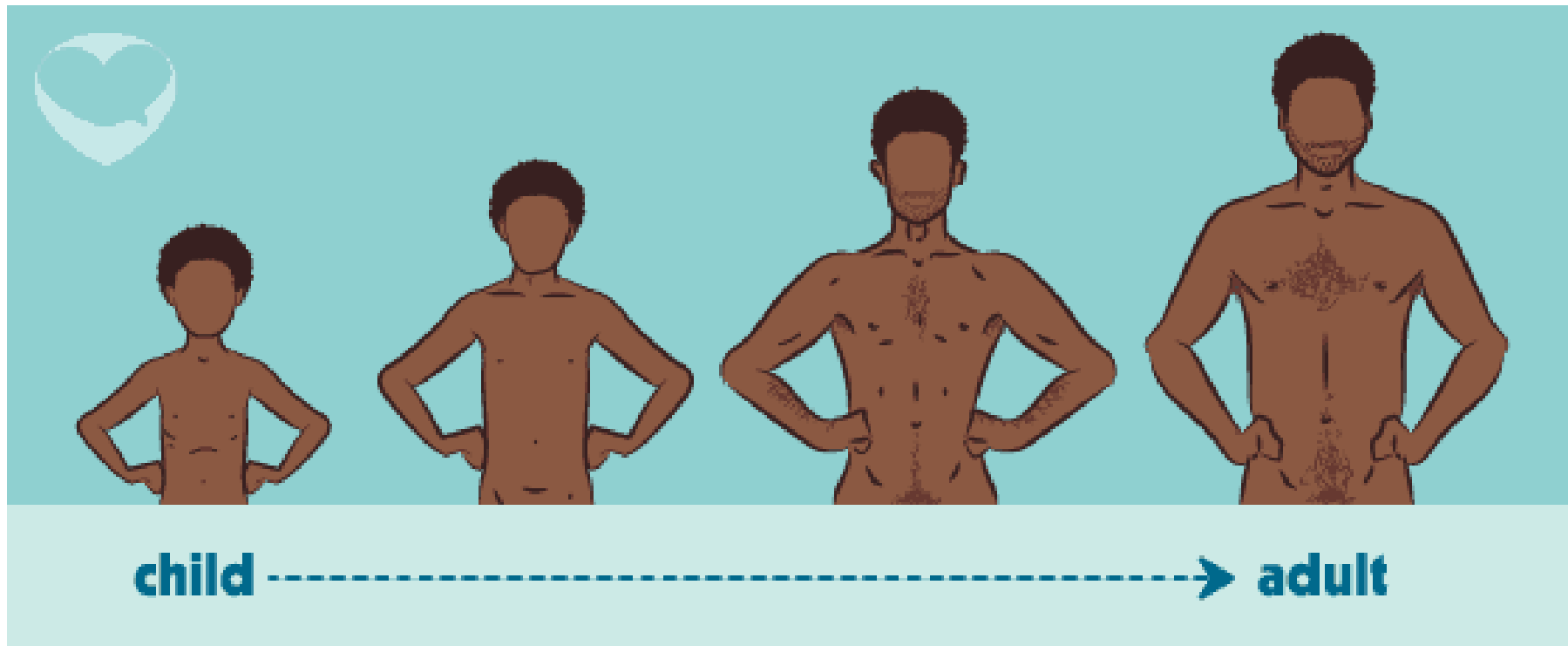
What changes happen to boys?

Grow taller and heavier
Bones grow bigger and heavier



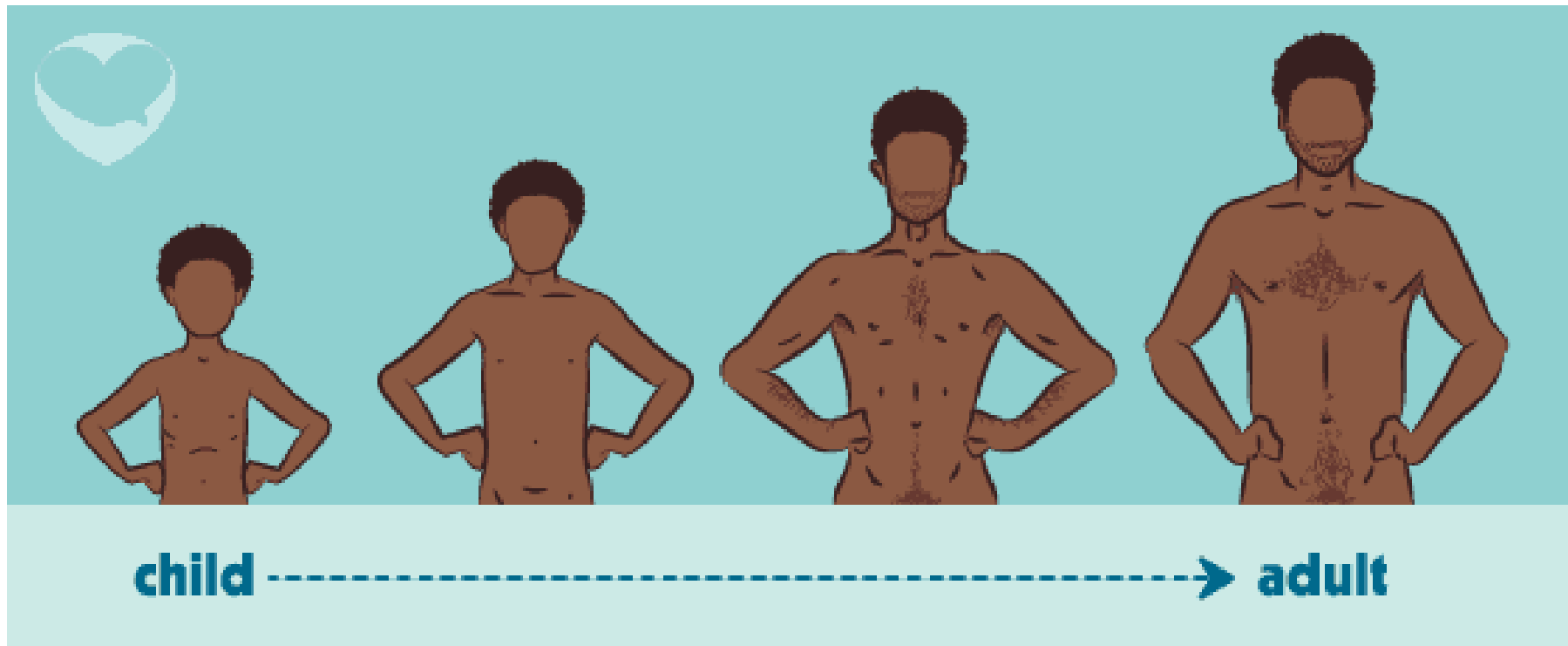
What changes happen to boys?

Muscles develop (chest gets broader)



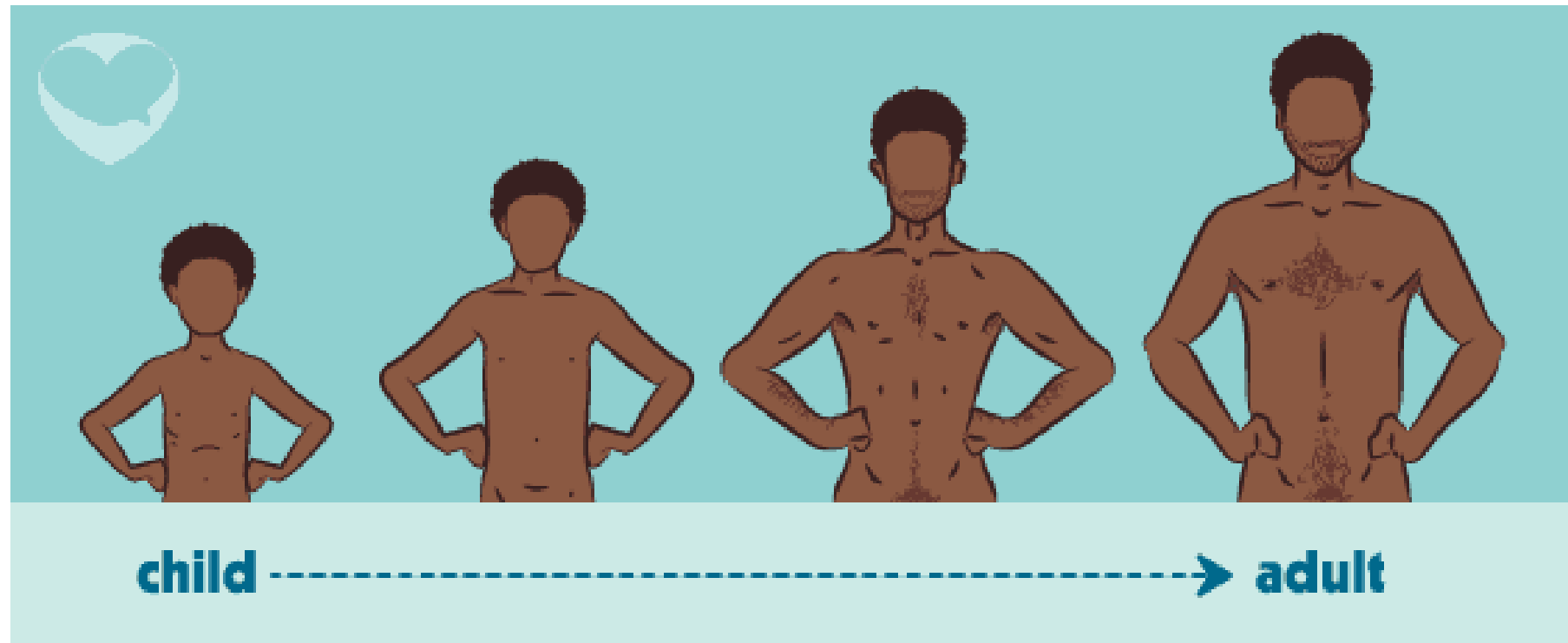
What changes happen to boys?

Hair grows on the face, under the armpits, around the genitals (pubic hair).



What changes happen to boys?

May get more hair on arms, legs and chest.



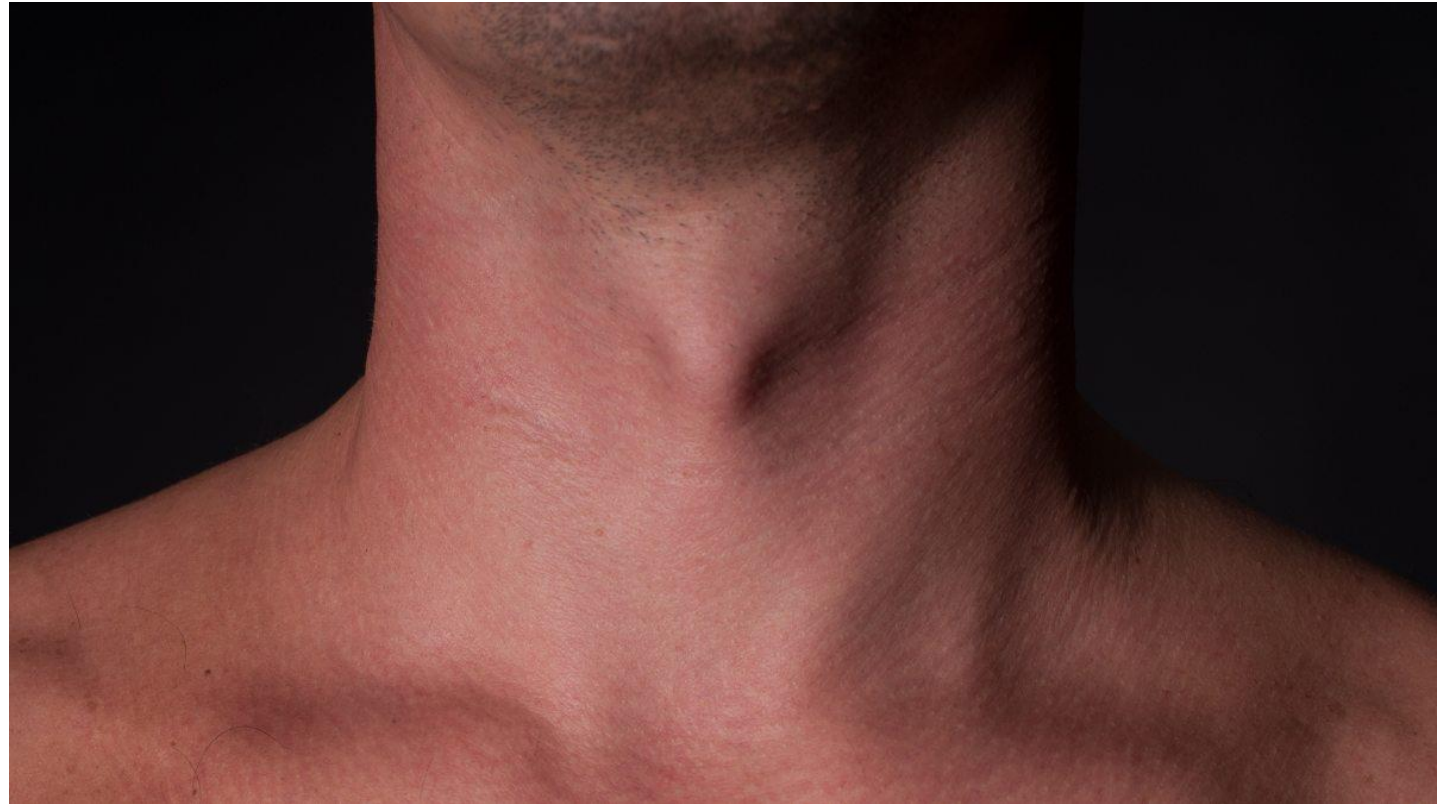
What changes happen to boys?



Face changes shape (nose and jaw get bigger, face gets longer)

What changes happen to boys?

The voice
deepens as the
larynx grows
(Adam's Apple)



What changes happen to boys?

Skin becomes oilier, which can cause spots (acne)



What changes happen to boys?



Body sweats
more, especially,
but not only,
during exercise

What changes happen to **boys**?

The genitals develop.

Penis and testicles change.

What changes happen to **girls**?

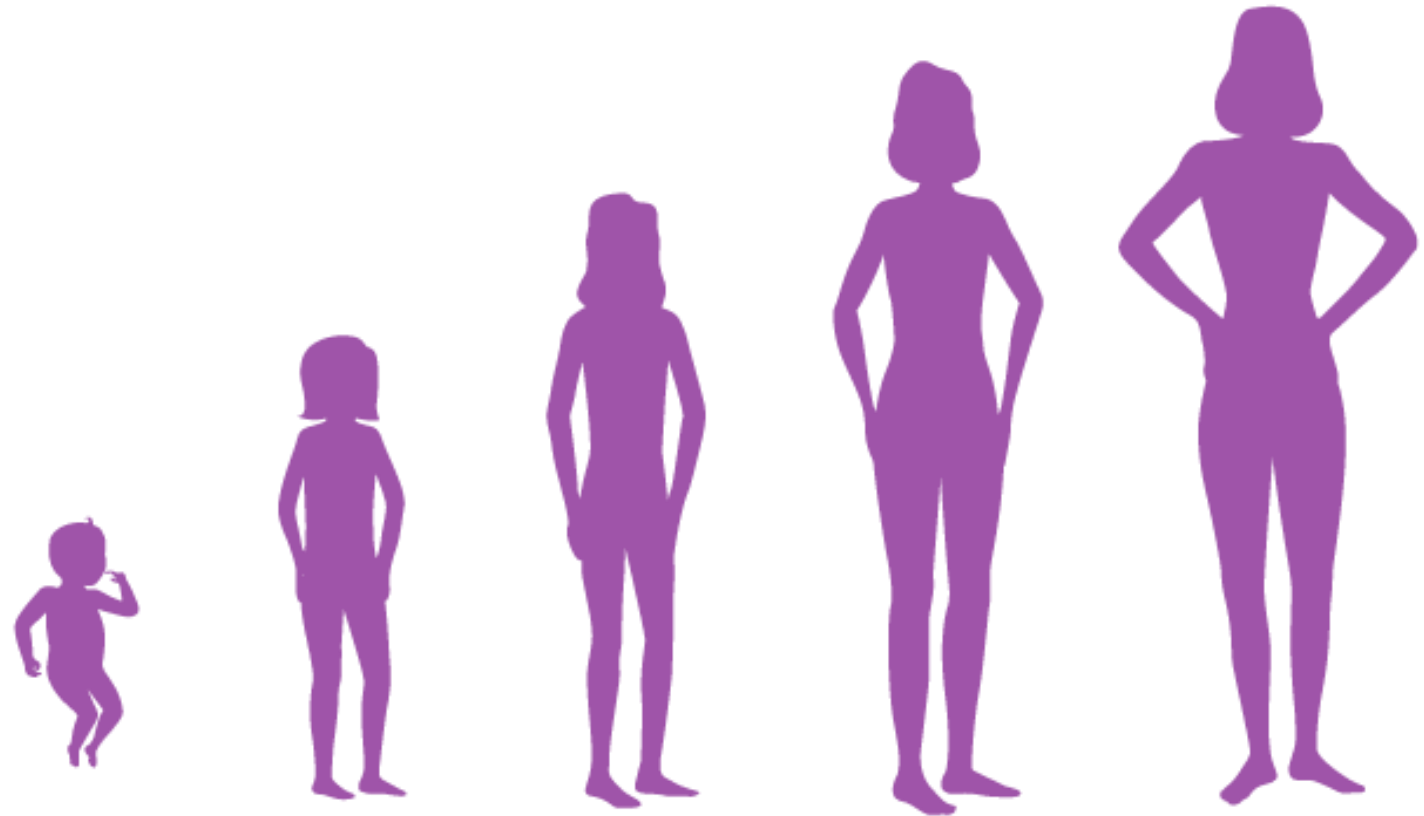
The female body mainly produces progesterone and oestrogen which start the changes.

Usually starts between 8-13 years.

What changes happen to girls?

Get taller and heavier

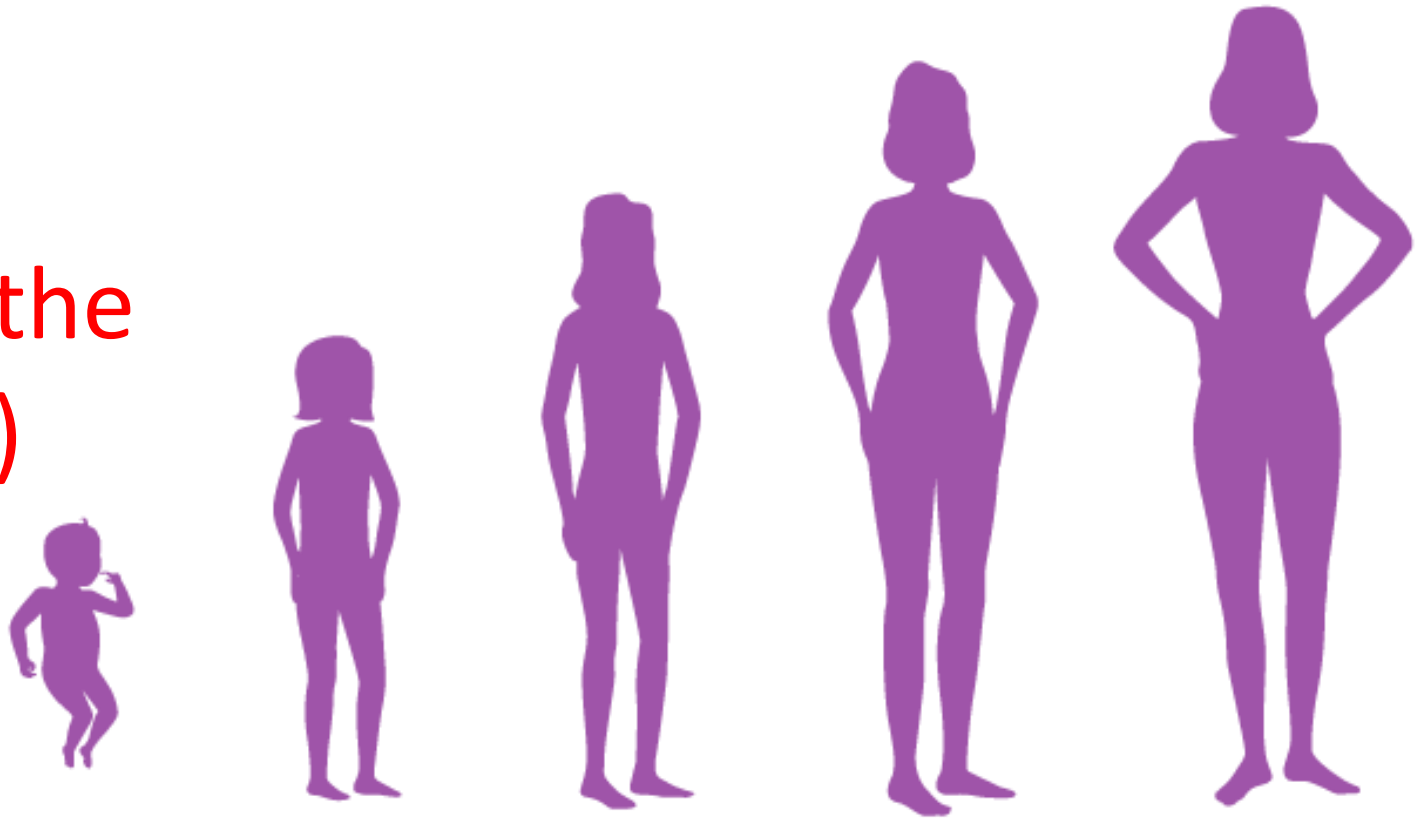
Bones grow bigger and heavier



What changes happen to girls?

Hips get wider and more
“curvy”

Hair grows around the
genitals (pubic hair)



What changes happen to girls?



Face changes
shape



Voice becomes
deeper

What changes happen to girls?



Hair grows under the armpits

Hair on arms and legs grows darker

What changes happen to girls?

Body sweats more,
especially, but not
only, during exercise



What changes happen to girls?

Skin becomes oilier, which can cause spots (acne)



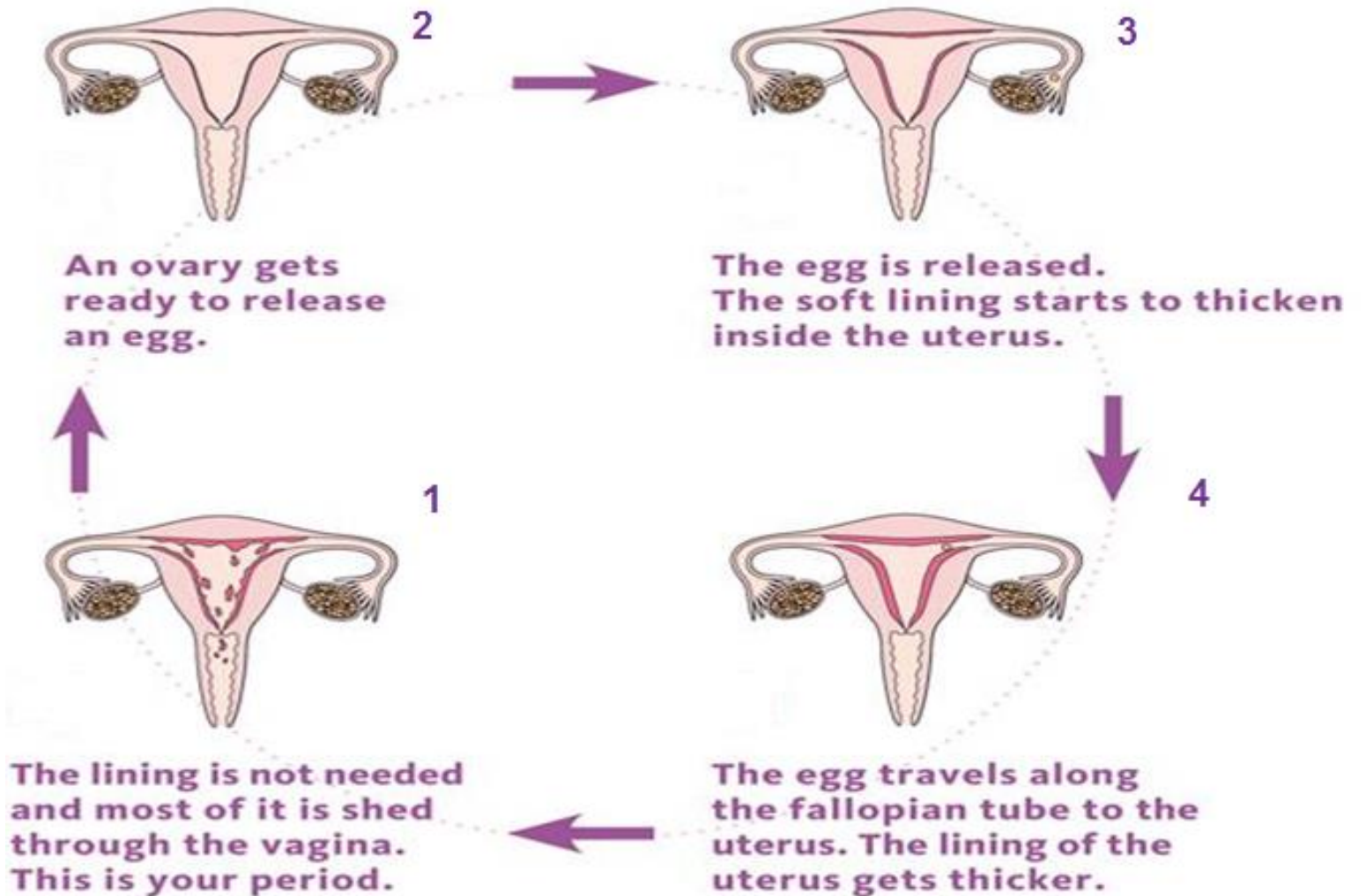
What changes happen to girls?

Breasts change

Genes determine the changes

What are periods?

Periods (menstruation) happen due to the hormones changing in a girl's body.



What are periods?

Bleeding can last between 3 and 8 days.

Blood flow may be heavier in the first few days.

The average blood loss is only a small amount (roughly 3 tablespoons).

Periods happen once a month but the body takes time to get into a routine so for the first year or so the time between each period may vary.

When do periods start?

Usually between 10-16 years old

REMEMBER – every girl is different!



Sweat



Sweat is your body's natural way of helping you to cool down.

Sweat can also some times become smelly when the chemicals it contains mixes with bacteria that live naturally on your skin.

Personal Hygiene What do we do?

