

GGA-PSHE Knowledge Organiser for Year 5 Spring

Relationships

I know how to manage peer pressure

Keeping Safe and Healthy

I know how to stay safe online, including what happens when I share an image.

I know that people can be pressured into sharing images.

I know that smoking is harmful and addictive



Myself

I can recognise physical and emotional changes and manage them

Visits/ special occasions:
Safety week

Why are we learning this?

To know how to respect others and their opinions.

To know how to keep myself safe and healthy.

Why is it important?

So we understand how to respect others, even when we do not agree with what they think.

So we understand how to keep ourselves safe and healthy.



Skin gets oilier

Shoulders get wider

Facial hair

Hair under the arms

Pubic Hairs

Neck, chest and leg muscles get bigger and Stronger

Penis get longer and wider and testes get larger

Whole body gets Curvier

Skin gets oilier

Breasts starts to develop

Hair under the arms

Hip bones wider

Pubic hairs

Weight gain on hips

leg muscles get bigger and stronger



Key Vocabulary and Definitions

Image	a picture of a person or thing
Sharing	to receive, use, or enjoy something together with one or more others
Pressure	how much force something is pushing on something else
smoking	the act of inhaling and exhaling the fumes of burning plant material
Puberty	The time in which an adolescent reaches sexual maturity
Nicotine	a highly addictive stimulant found in tobacco and vaping devices
Tar	a sticky black liquid made of thick oil.
Vaping	the action of inhaling and exhaling vapour containing nicotine and flavouring created by an electronic cigarette (e-cigarette) or other vaping device
addict	a person who depends on something, such as a drug
addictive	a very strong urge to do something that is hard to control or stop
period	Every month a woman's body produces an egg and the lining of her womb thickens in case she becomes pregnant. If she does not, this lining comes away and a girl loses a small amount of blood through her vagina.
breasts	The area on a woman's chest around her nipples that can be used to feed a baby.
Wet dreams	When a boy ejaculates in his sleep
Facial hair	the hair growing on the lower part of a man's face
Pubic hair	the hair that grows around the sexual organs