

## Year 5 Knowledge organiser Summer 1 Safety and the Changing Body



Heathfield Schools' Partnership

This unit builds on previous knowledge of Safety and the Changing Body in Year 4. Within this topic, individual children develop a comprehensive understanding of online safety, encompassing the discernment of information that is appropriate to share online and the necessary precautions to take before sending a message. Children discuss recognising potential dangers on the internet and propose strategies to ensure online safety. Alongside digital literacy, this topic encourages the children to develop their knowledge of the human body, and to accurately identify anatomical parts. Furthermore, the changes that occur during puberty, both in terms of one's own gender and the broader spectrum of puberty-related transformations, is discussed. Through this topic, children should be equipped with the skills to assess a casualty's condition, offering calm and comforting assistance to someone experiencing bleeding, and promptly seeking medical help when necessary.

### Key knowledge

- To know the steps to take before sending a message online (using the THINK mnemonic).
- To know some of the possible risks online.
- To know some strategies I can use to overcome pressure from others and make my own decisions.
- To understand the process of the menstrual cycle.
- To know the names of the external sexual parts of the body and the internal reproductive organs.
- To know that puberty happens at different ages for different people.
- To know how to assess a casualty's condition.

### Key Questions

- How do I know if a relationship is safe online?
- How can I make for and against arguments to make a decision?
- What are the emotional changes during puberty?
- Who are reliable sources to help during puberty?
- How can I keep myself safe?
- How can I help someone who is bleeding?
- What are the names of the external and internal reproductive organs?

If you are worried about something, talk to an adult you trust.



### Star Words—Key Vocabulary

- **Consent:** Permission for something to happen or agreeing to do something.
- **Appropriate:** Suitable or proper in the circumstances.
- **Puberty:** The process of physical changes that happen when a child's body matures into an adult body and is capable of reproduction.
- **Reproduction:** The produce of producing offspring that are biologically similar to the parent.
- **Attraction:** A feeling of liking someone because of the way they behave or look.
- **Shock:** A life-threatening medical condition which is caused by a lack of blood supply to the major organs in the body.
- **Influence:** The capacity to affect the character, development or behaviour of someone or something.
- **Menstruation:** The monthly cycle of 2 - 7 days in which a girl or woman has her menstrual flow, when blood and tissue leave her body through the vagina.

Contact: Childline  
[www.childline.org](http://www.childline.org) | 0800 1111  
Calls **do not** show on the phone bill



In Summer 2, the children will learn about transitioning into a new year group and discuss different strategies that can support them with this change. They will identify their achievements this academic year and celebrate them. They will set themselves goals for the next academic year and discuss everything they have to look forward to. Through class discussions, they will identify adults and peers who can support them through this transition.

### Key knowledge

- To know that change will happen and most of the time, we can't stop it.
- To think about the good things that will happen when things change.
- To know that eating healthy and exercising can help us to cope with different situations.
- To know that talking to friends who are feeling the same way can be helpful.
- To know when to seek adult help.
- To do practical activities, such as getting equipment or stationery ready, so you are prepared for the change ahead.
- To relax and do an activity that you enjoy when you are feeling anxious about change.



### Star Words—Key Vocabulary

- **Transition:** Changing from one state, stage, place, or subject to another .
- **Cope:** To deal with and attempt to overcome problems and difficulties
- **Strategy:** A plan, method, or series of actions meant to perform a particular goal or effect.

### Key Questions

- How can I deal with change in a healthy and responsible manner?
- Who can I ask for support?
- What questions do I have about moving to the next year group?
- What are you looking forward to next year?
- What are you worried about next year?

