Key vocabulary		
puberty	The time when your body	
	begins to develop and change	
	as you become an adult.	
sexual	The process where a living	
reproduction	thing creates another organism	
	like itself. In humans, a sperm	
	cell from a male fertilises an	
	egg from a female to produce	
	a baby.	
menstruation	When a woman has a period,	
(period)	she loses a small amount of	
	blood each month.	
sperm	Single cells produced by male	
	animals.	
egg	A cell that is produced in the	
	body of female animals.	
foetus	An animal or human being in	
	its later stages of development	
	before it is born.	
gestation	The length of time a mammal	
	carries her offspring inside her	
	body before giving birth.	
life	The length of time that an	
expectancy	animal is normally likely to live.	

Mammal	Gestation period in days	
Cat	63	
Chimpanzee	240	
Lion	108	
Human	266	
Rabbit	31	
Squirrel	44	
African elephant	650	
Whale	360	
Horse	336	
Polar bear	241	
Giraffe	435	
Mouse	21	
Rhinoceros	480	
Hamster	16	
Dog	61	
Camel	400	

The gestation period of different animals. Larger animals usually have longer gestation than smaller animals.

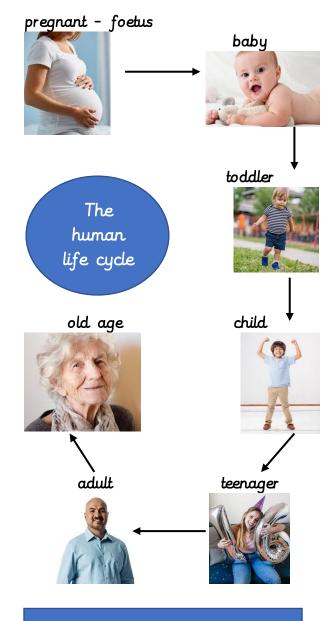
Animals including humans - Year 5

This topic should be taught alongside PSHE with careful consideration of the school's Sex and Relationship Education Policy.



Puberty

- Usually begins between the ages of 8-14		
and the process can take up to 4 years.		
- During puberty the bodies of boys and		
girls begin to change physically.		
- Boys and girls can experience some		
mood changes during puberty.		
_	- hair starts to grow on their	
for girls	bodies	
	- breasts develop and hips	
	widen	
	- periods start	
Changes	- hair starts to grow on their	
for boys	bodies and faces	
	- develop a deeper voice	
	- testicles start to produce sperm	



Humans go through a variety of changes as we grow and develop from birth through to old age.