Conception and Puberty

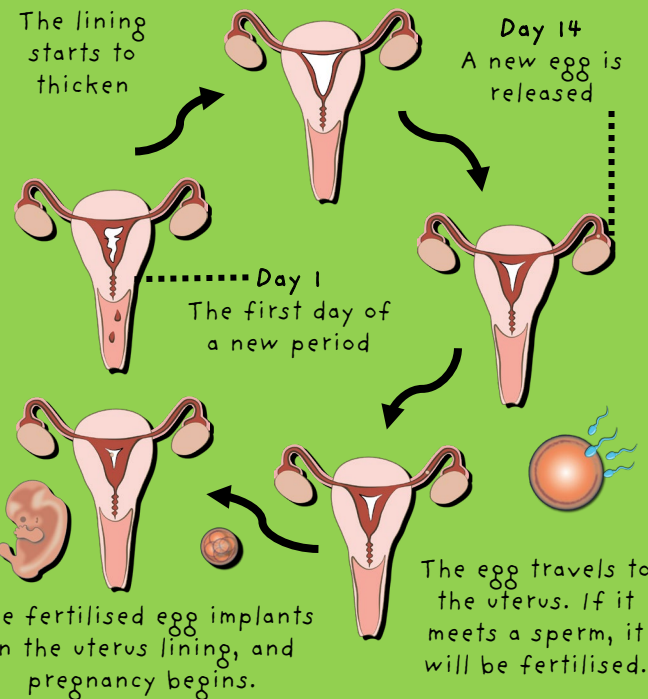
1. Puberty and Our Genes
2. Boy's Puberty
3. Periods and the Human Life Cycle
4. Human Reproduction
5. Hormones and Emotions
6. Mental Health Symptoms

Please check Spring 2, Lesson 4 against your policy to determine whether the right to withdraw should be allowed.

PROGRESSION AND GOLDEN THREAD

This Year 6 Puberty Unit builds on knowledge from previous years. In Year 4, we learned about some of the physical changes our bodies undergo during puberty, including the importance of good personal hygiene. In Year 5, we explored these changes in more detail while also learning about emotions, self-esteem, and the importance of a positive body image. This year, we will focus on the reasons behind these physical changes, linking them to our genes, sexual reproduction (excluding sexual intercourse), and the role puberty plays in the human life cycle. We will also explore mental health and how hormones can lead to new feelings, such as attraction.

CONCEPTION AND THE MENSTRUAL CYCLE



KEY TERMS

Puberty — When a child's body changes into an adult body, including physical and emotional changes, usually happening between ages 8 and 16.

Genes — Genes are like the instruction manual for how our bodies grow and develop, deciding things like our appearance and how we function.

Chromosomes — Chromosomes are like a cookery book that stores recipes for different characteristics, with similar genes grouped together to guide how we grow and develop.

Menstruation — The monthly process where the body sheds tissue from the lining of the womb, resulting in bleeding from the vagina.

Gamete — A gamete is a reproductive cell, like a sperm cell in males or an egg cell in females.

Conception — Conception is the process that marks the beginning of pregnancy. It involves fertilisation (when a sperm cell joins with an egg cell) and implantation (when the fertilised egg attaches to the uterus and begins to grow).

MAKING BABIES AND BIOLOGICAL SEX

XX Females have XX Chromosomes

XY Males have XY Chromosomes

The sex of a baby is determined by the father. If he passes on an X chromosome, the baby will be a girl (XX). If he passes on a Y chromosome, the baby will be a boy (XY)

YEAR 6 – SPRING 2 HEALTH AND WELLBEING KNOWLEDGE ORGANISER