

Puberty

Outstanding Science Year 5 - Animals, including humans - OS5B005

National Curriculum Statutory Requirements

5B1 - describe the changes as humans develop to old age

Learning Objective



I can describe the changes involved with puberty.

Me:   

Teacher:   

Puberty

As humans grow, we change from **children** into **adults** which are capable of **reproduction**. This stage of growth is called **puberty**, and involves changes in both our bodies and our minds. Puberty starts towards the end of primary school (but can happen earlier or later) and can last until the age of 18.

Male body changes

Males start to develop **hair** on different parts of their body. This includes hair on the genitals and between the legs (pubic hair) and hair on the face and neck (facial hair). The body starts to grow taller and heavier. The **muscles** in the male body get much bigger and stronger during puberty. The male voice becomes lower in pitch. The **odour** of the body changes to a more adult smell. **Acne** (spots) can develop on the skin. The genitals grow bigger. Males experience **erections** (a stiff **penis**) and become capable of producing **semen**, a fluid which contains sperm cells and allows males to reproduce.

Male thought changes

Males start to have sexual thoughts and feelings. They can become more aggressive, moody and self-conscious.

Female body changes

Females develop hair on their bodies, especially around the genitals. The **nipples** and **breasts** start to grow into a fuller shape. They develop a layer of **fat**, particularly around the hips and buttocks. Females grow taller. The **pelvis** starts to grow wider, causing broader hips than in males. Females start to **menstruate**. This involves producing blood from the **vagina**. This is totally normal and is not dangerous. Eventually this settles into a cycle and the female **menstruates** about once a month. This is called the **period**.

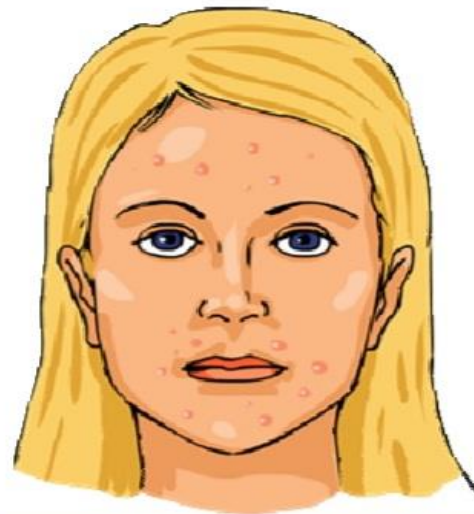
Females can develop acne on their skin and develop a more adult body odour.

Female thought changes

Females start to have sexual thoughts and feelings. They can become more aggressive, moody and self-conscious.

Activity

Complete the diagrams on the following pages by describing the changes which take place during puberty to males and females.



Both males and females commonly develop **acne** (spots) on the skin during puberty.

Face

Changes experienced by males during puberty

Thoughts

Voice

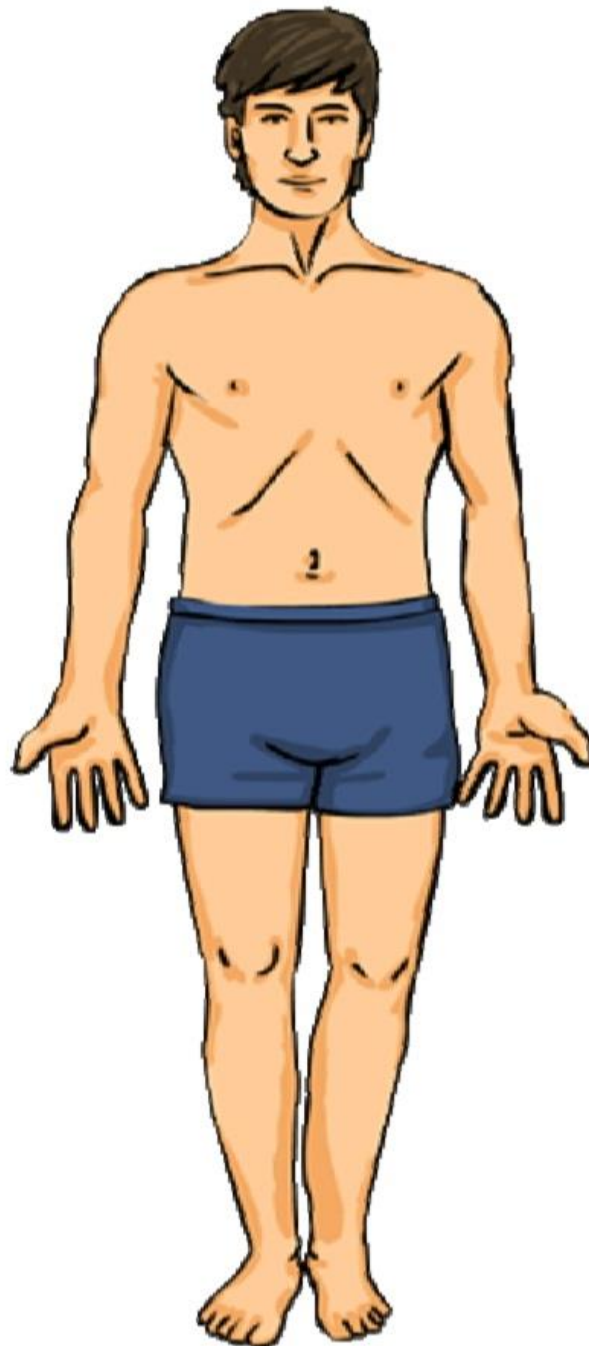
Acne

Muscles

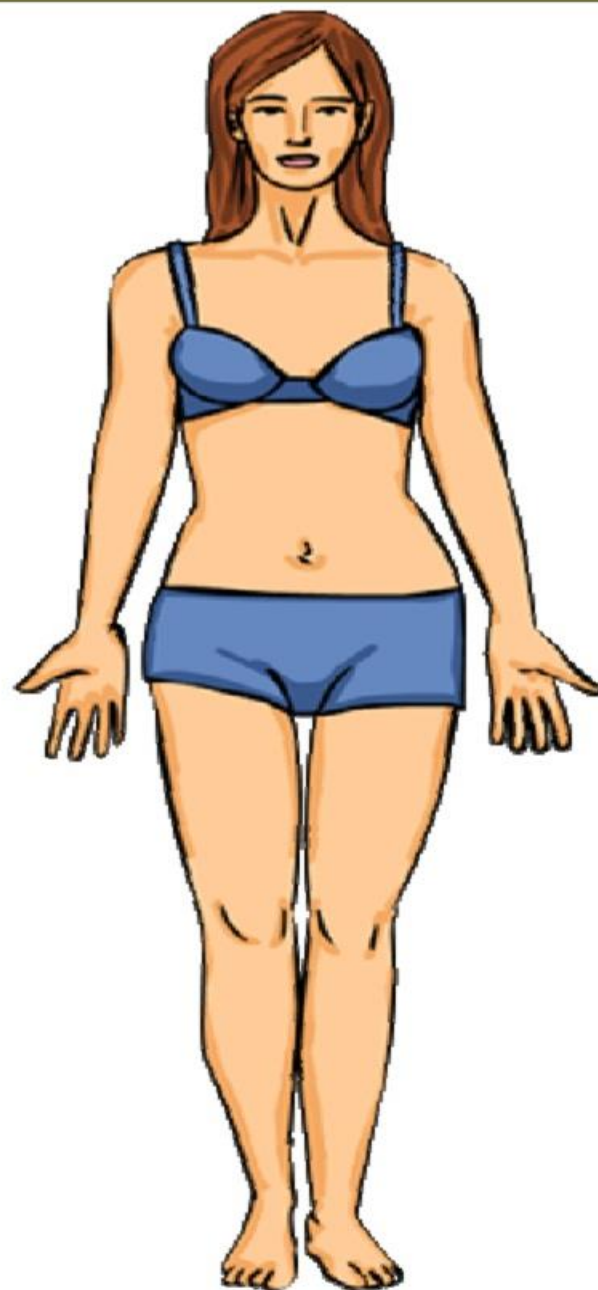
Odour

Genitals

Height



Changes experienced by females during puberty



Body fat

Menstruation

Genitals

Thoughts

Acne

Odour

Height
