

Key vocabulary	
puberty	The time when your body begins to develop and change as you become an adult.
sexual reproduction	The process where a living 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 (period)	When a woman has a 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 expectancy	The length of time that an 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.

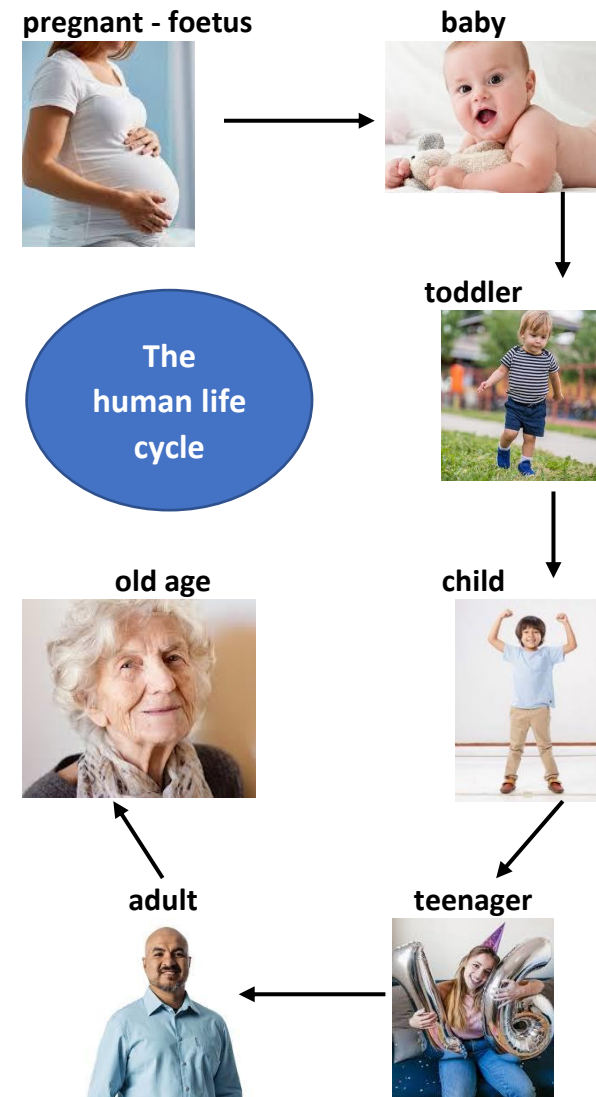
Animals including humans – Year 5

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.

Changes for girls	- hair starts to grow on their bodies - breasts develop and hips widen - periods start
Changes for boys	- hair starts to grow on their 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.