

Y5 Puberty

KS2 Y5 Science · Follows the national curriculum

Name _____ Class _____ Date _____

1. Worked example

What is puberty and why does it happen?

Step 1 · When does it happen?

During adolescence, usually starting between about 8 and 14

Step 2 · What causes it?

Hormones — chemical messengers made by the body

Step 3 · What is it for?

It changes a child's body into an adult's body, so that one day it could reproduce

Answer: Puberty is the time when hormones gradually change a child's body into an adult's body.

Check: It takes several years, and everyone's timing is different.

2. Now try one with the steps

Jamal has started to smell sweaty after PE. What should he do?

Step 1 · Why is it happening?

Step 2 · What helps?

Answer:

3. Practice

Have a go at each one. There is space underneath to work it out.

1. What is the name for the time when a child's body changes into an adult's body?

2. What are the chemical messengers that cause puberty called?

3. Puberty usually starts between about 8 and what age?

4. Name ONE change of puberty that happens to everyone.

5. Name ONE change that usually happens only to boys.

6. Name ONE change that usually happens only to girls.

7. Why is it important to wash every day during puberty?

8. Does puberty happen all at once or gradually?

9. Is it normal to start puberty earlier or later than your friends?

10. Give ONE way puberty can affect feelings, and ONE thing that can help.

11. Put in order of life stages: adulthood, puberty (adolescence), childhood, old age.

12. Which stage of life does puberty belong to?

13. A girl's periods start at 12. If they started 3 years later, how old would she be?

14. Why do bodies go through puberty? Explain in one sentence.

4. Before you hand it in

If I haven't started puberty yet, something is wrong with me.

Starting any time from about 8 to 14 is normal. If you are worried, ask a parent, carer or school nurse.

Puberty only happens to girls.

Some changes happen to everyone; some are different for girls and boys.

Puberty is just about growing taller.

Height, body shape, hair, skin, sweat, voice and emotions can all change.

It's embarrassing to ask questions about puberty.

Use the correct words and ask a trusted adult — questions are sensible and normal.