



Hillbourne Primary School

Headteacher

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Every Child, Every Opportunity

Monday 1st June 2026

Dear Parents and Carers,

As part of our Year 5 science curriculum this term, the children will be learning about **human development and body changes**. This unit is designed to help pupils understand how humans grow and change throughout their lives, from birth to old age.

This learning is in line with the **National Curriculum for Science**, which states that pupils should “describe the changes as humans develop to old age.” The lessons are age-appropriate, factual, and taught with sensitivity.

Here is an overview of the sessions your child will take part in:

Session 1: Human Life Stages

Children will learn how humans change from babies through to old age. They will order the main stages of life and explore factors that affect growth.

Session 2: Gestation and Reproduction

Pupils will learn about human reproduction, fertilisation, and pregnancy. They will compare human gestation with that of other mammals.

Session 3: Childhood Development

Children will explore how humans change during infancy and childhood, and what children need to grow and thrive at each stage.

Session 4: Puberty

This session covers the physical and emotional changes that occur during puberty. Children will learn about hormones and how to stay healthy during this time.

Session 5: Adulthood and Old Age

Pupils will learn about changes in the body during adulthood and old age, and discuss common stereotypes about older people.

We aim to create a safe and respectful environment where children feel comfortable asking questions and learning about these important topics. If you have any questions or would like to discuss the content further, please don't hesitate to contact Miss Freeburn or myself via the school office.



Thank you for your continued support.
Warm regards,
Mrs Hall
PSHE Lead

