



Enriching lives every day; enabling our school community to learn, achieve and flourish through living 'life in all its fullness'



Subject: PSHE

Year group: 4

Term: Summer

Unit name: Growing and changing. Physical and emotional changes in puberty. External genitalia, personal hygiene routines.

Notes: Parents should be informed that this unit is being taught in advance but they do not have the right to withdraw.

Hope

I say this because I know what I have planned for you," says the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future.

Jeremiah 29:11

Main concepts:

- To identify external genitalia and reproductive organs
- To begin to understand the physical and emotional changes during puberty , and how to manage these, including menstruation
- To know key facts about the menstrual cycle and menstrual wellbeing
- To understand the importance of personal hygiene routines during puberty including washing regularly and using deodorant
- To know how to discuss the challenges of puberty with a trusted adult, and where support can be accessed.

Possible outcomes– drama, leaflet, freeze frame photo, poster

Prior knowledge. Children should already...

Be able to name the body parts (from year 2) including external genitalia.

Know that bodies and needs change as we grow up.

Key vocabulary

Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Testosterone, Ovaries, Egg (Ovum), Period, Tampon, Pad/Towel, Menstrual, Menstruation

How the children are to be taught this.

PSHE should be delivered in mixed sex groups. Once the main lesson has been taught arrange a time for children to have chance to ask questions in single sex groups.

Use teacher judgment to decide whether this should be blocked to a day or taught over smaller sessions, dependent upon the cohort.

This unit is to be taught by the class teacher.