

Puberty Key Stage 2

Scheme of Work

PSHE

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings.

Learning Intentions Lesson Title **Resources** and Learning Outcomes **Programme of Study** Puberty Changes Teacher Guide Lesson 1 Learning Intention Core Theme 1: Pictures of male and female reproductive organs Talking About To explore the emotional and physical changes occurring in puberty Health and Wellbeing Anonymous questions template Learning Outcomes Puberty Additional Activities Explain the main physical and emotional changes that happen during Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, how their body will, and puberty Ask questions about puberty with confidence Programme 4, http://www.channel4learning.com/ emotions may, change as Sheets of flipchart paper for body outlines they approach and move through puberty Pictures of male and female reproductive organs to recognise that they may Lesson 2 Learning Intention Puberty Changes Teacher Guide experience conflicting To understand male and female puberty changes in more detail Male and Female Menstrual cycle animation emotions and when they Changes **Learning Outcomes** Male pictures might need to listen to their Understand how puberty affects the reproductive organs Puberty Card Game emotions or overcome them Describe how to manage physical and emotional changes Puberty Card Game answer sheet Puberty Card Game whiteboard summary **Core Theme 2:** Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) **Relationships** Selection of sanitary wear (tampons, sanitary towels, panty liners) Anonymous questions from Lesson 1 to feel confident to raise Additional Activities their own concerns, to www.bbc.co.uk/science/humanbody recognise and care about What is the Menstrual Cycle? cards other people's feelings What is the Menstrual Cycle? whiteboard summary The Menstruation Card Game for Girls and Answers **Science Attainment Targets** Menstruation Card Game whiteboard summary • describe the changes as Kim's Game items and a cloth to cover them (see lesson plan) humans develop to old age Lesson 3 Learning Intention Kim's Game Teacher Guide Puberty and To explore the impact of puberty on the body & the importance of Year 5 Puberty Problem Page Hygiene hygiene Year 5 Puberty Problem Page cut-outs To explore ways to get support during puberty **Problem Page Teacher Guide** Learning Outcomes Anonymous questions from Lesson 1 Explain how to keep clean during puberty Additional Activities Explain how emotions change during puberty Puberty Bingo Know how to get support and help during puberty