

LARCHWOOD PRIMARY SCHOOL PSHCE PLANNING		
YEAR GROUP: 4	CORE THEME: Relationships	QUESTION: How will we grow and change?
To be completed in Science books.		

Pre unit information: Before starting this unit, explain that there will be an anonymous questions box at the front of the classroom. Chn can put in their questions (nameless) at any point throughout the week and they will be answered in the final lesson. Explain that any questions that are not appropriate for their age range will not be read out or answered. Reassure chn that this doesn't mean that they are in trouble for asking such a question (e.g. questions related to sex), it is just not appropriate to read out or answer at this age.

LESSON	LESSON OBJECTIVE	INPUT	KEY VOCAB	RESOURCES	OUTPUT/ EVIDENCE
1	LO: to describe the differences between male and female body parts.	Discuss the difference between men and women. Introduce scientific terms (see key vocab) for female and male body parts. Explain that each body part produces half of	Penis Testicles Testes Sperm Genitals Female	Powerpoint Word mat	Chn to write a short paragraph explaining the differences between male and female bodies.

		<p>what is needed to reproduce. Explain that all living things reproduce. Use slides to support explaining how the male and female bodies differ.</p> <p>Explain that throughout the week, they will look at how their bodies change as they grow up.</p>	<p>Egg Ovaries Breasts Womb</p>		
2	<p>LO: to understand the physical changes that happen in boys during puberty.</p>	<p>Introduce the word puberty and explain that we will be learning what it means for boys.</p> <p>Ask chn to identify the differences they notice in boys and in men (e.g. taller, bigger muscles). Use slides to support this.</p> <p>Use slides to explain that during puberty, there are changes that happen to boys:</p> <ul style="list-style-type: none"> -Taller -Voice gets deeper -Penis will grow and erections -Wet dreams -Hair growth / greasier -Muscles will grow 	<p>Puberty Penis Hormones Testicles Body shape Voice Sweat Adam's apple Spots Acne Height Hair Muscles Sperm Erection Wet dream Testosterone</p>	<p>Powerpoint Word mat</p>	<p>Chn to use word mat to help them write a paragraph explaining all of the changes that happen to boys during puberty.</p>

		<p>-Acne -Sweating more Emphasise that these are all completely normal.</p> <p>Explain that these changes can be very emotional - this is normal.</p>			
3	LO: to understand the physical changes that happen in girls during puberty.	<p>Recap what puberty is and what changes we see in boys.</p> <p>Ask chn to identify the differences they notice in girls and in women. Use slides to support this.</p> <p>Use slides to explain that during puberty, there are changes that happen to girls:</p> <ul style="list-style-type: none"> -Sweating -Greasier hair -Breasts will grow -Hips will widen -Hair will grow -Acne -Menstruation and how to stay clean during this <p>Explain that these changes can be very emotional - this is normal.</p>	<p>Puberty Period Breasts Menstruation Fallopian tube Womb Vagina Egg Lining Sweat Acne Sanitary Tampon</p>	<p>Powerpoint Word mat</p>	<p>Chn to use word mat to help them write a paragraph explaining all of the changes that happen to girls during puberty.</p>
4	LO: to know the importance of keeping clean and having good hygiene.	<p>Discuss and share all the different ways to keep clean (e.g. teeth, hair, armpits, etc).</p>	<p>Clean Hygiene Puberty Changes Sweat</p>	<p>Notebook Pictures of hygiene products</p>	<p>Chn to stick the pictures of each product in their books and explain how it will help them to keep clean. Chn should</p>

		<p>Discuss why it is important to keep clean - bring discussion back to the changes they will experience. Highlight that they will grow more hair which will make them sweatier.</p> <p>Share examples of products that can help to keep people clean (shower gel, shampoo, deodorant, etc).</p>	Hair growth		reference the changes they will experience (e.g. I will grow hair under my arms which will make me sweat so I need to use deodorant).
5	LO: to understand the emotional changes that happen during puberty.	<p>Give chn a set of statements about the different changes they will experience. Groups to sort the changes into girls, boys or both.</p> <p>Discuss how these changes (to boys and girls) make them feel. Reassure chn that these are all very normal processes and it is ok to feel uncertain about them.</p> <p>Discuss the different emotional changes that they will experience. Liken it to a rollercoaster.</p>	Hormones Emotions Puberty Changes	Powerpoint	<p>Chn to create a mind map to show the different strategies for managing emotions.</p> <p>This activity is brief so that you can end the lesson by answering questions from the anonymous box.</p>

		Discuss and share ways that they can cope with these changing emotions (e.g. talking to someone, playing their favourite game, exercising or going for a walk, etc).			
--	--	--	--	--	--