

### Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, pregnancy, breasts, sperm, egg, pubic hair, emotions, feelings

#### End of Key Stage Statements

##### PSHE Framework

1d) to recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way

3c, learn about how the body changes as children approach puberty

##### National Curriculum Science

1a, that the life processes common to humans and other animals include nutrition, movement, growth and reproduction

2f, about the main stages of the human lifecycle

#### Learning Intentions and Learning Outcomes

##### Learning Intention

To explore the human lifecycle

##### Learning Outcomes

Describe the main stages of the human lifecycle

Describe the body changes that happen when a child grows up

##### Learning Intention

To identify some basic facts about puberty, reproduction and pregnancy

##### Learning Outcomes

Know that during puberty the body changes from a child into a young adult

Understand why the body changes during puberty

Identify some basic facts about pregnancy

##### Learning Intention

To learn about the physical changes associated with puberty

##### Learning Outcomes

Know about the physical and emotional changes that happen in puberty

Know that each person experiences puberty differently

#### Lesson Title

##### Lesson 1

[Growing and Changing](#)

##### Lesson 2

[Body Changes and Reproduction](#)

##### Lesson 3

[What is Puberty?](#)

#### Resources

[Lifecycle pictures](#)

[Lifecycle word cards](#)

[Lifecycle whiteboard summary](#)

[Babies and Children worksheet](#)

[Lifecycle whiteboard summary](#)

DVD: Living and Growing Unit 1, Programme 2, *How did I get here*

[www.channel4.com/learning](http://www.channel4.com/learning)

*The Family Book*, Todd Parr

[Our Bodies worksheet](#)

##### Additional Activities

Suggested reading:

*Tell Me Again About The Night I Was Born*, Jamie Lee Curtis.

*Happy Families*, Allan Ahlberg

*Who's in a Family?* Robert Skutch

Book: *Hair in Funny Places*, Babette Cole

[Body Changes worksheet](#)

##### Additional Activities

<http://www.bbc.co.uk/science/>

[humanbody/body/interactives/lifecycle/teenagers/](#)