

Scheme of Work

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.

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 life cycle

Learning Intentions and Learning Outcomes

Learning Intention

To explore the emotional and physical changes occurring in puberty

Learning Outcomes

Explain the main physical and emotional changes that happen during puberty
Ask questions about puberty with confidence

Learning Intention

To understand male and female puberty changes in more detail

Learning Outcomes

Understand how puberty affects the body and the emotions
Describe how to manage physical and emotional changes

Learning Intention

To explore the impact of puberty on the body and the importance of physical hygiene

To explore ways to get support during puberty

Learning Outcomes

Explain how to stay clean during puberty
Describe how emotions change during puberty
Know how to get help and support during puberty

Lesson Title

Lesson 1

[Talking About Puberty](#)

Lesson 2

[Male and Female Changes](#)

Lesson 3

[Puberty and Hygiene](#)

Resources

DVD: Living and Growing, Unit 2, Programme 4, Changes

www.channel4.com/learning

[Puberty Changes Teacher Guide](#)

[Pictures of male and female reproductive organs](#)

[Anonymous questions template](#)

[Pictures of male and female reproductive organs](#)

[Puberty Changes Teacher Guide](#)

Menstrual cycle animation

[Male pictures](#)

[Puberty Card Game](#)

[Puberty Card Game answer sheet](#)

[Puberty Card Game whiteboard summary](#)

Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs)

Selection of sanitary wear (tampons, sanitary towels, panty liners)

Anonymous questions from Lesson 1

Additional Activities

www.bbc.co.uk/science/humanbody

DVD: Living and Growing, Unit 3, Programme 8, Boy Talk Chapter 2

Programme 7, Girl Talk Chapter 3. www.channel4.com/learning

[What is the Menstrual Cycle? cards](#)

[What is the Menstrual Cycle? whiteboard summary](#)

[The Menstruation Card Game for Girls and Answers](#)

[Menstruation Card Game whiteboard summary](#)

Kim's Game items and a cloth to cover them

[Kim's Game Teacher Guide](#)

[Puberty Problem Page](#)

[Problem Page Teacher Guide](#)

Anonymous questions from Lesson 1

Additional Activities

[Puberty Bingo](#)