

Curriculum Area: Growing and changing: Year Group 4

Learning Outcomes	Context and Experiences	Specific Resources	Subject Links
<p>Children will be able to:</p> <p>Identify parts of the body that males and females have in common and those that are different;</p> <p>Know the correct terminology for their genitalia;</p> <p>Understand and explain why puberty happens.</p>	<p>Year 4 sample lesson – My Changing Body – This lesson will be taught to both boys and girls ideally together in their normal classes. However, we will ask the children what would make them feel most comfortable in terms of having a mixed or single gender lesson. Clear rules of respect will be established beforehand in line with all PSHE lessons.</p> <p>NB: Girls can start their periods as young as 8 years old, so it is strongly recommended that children learn about periods from Year 3. As a school we have decided to delay the teaching to Year 4.</p> <p>Using a Question Box</p> <p>Throughout the lesson and beyond, children who do not feel confident to ask questions can write their questions anonymously and put these in a question box. The questions will be answered by the teacher openly and honestly.</p> <p>Introduction</p> <p>The teacher will recap where baby mammals grow and develop before they are born (In mummy’s tummies). They will be introduced to new body parts which only girls have and can’t be seen (womb and uterus.) They will be taught that babies are made from two seeds; an egg from the female and a sperm from the male. And that the lesson focus will be about the female’s eggs and what happens to them when the egg from a female <i>doesn’t</i> meet a sperm to make a baby.</p> <p>Activity</p> <p>The children will be shown a diagram of the female internal reproductive system and taught how the menstrual cycle happens once a girl reaches puberty. They will then label the parts of the reproductive system and order the menstrual cycle. New vocabulary will include (menstrual cycle, periods, puberty etc.) They will also be taught about hygiene during the menstrual cycle and will be shown pictures or samples of sanitary pads and tampons.</p> <p>Lesson end</p> <p>The teacher will summarise by explaining that periods are a normal part of growing up and show that a girl's body is working as it should. It is nothing to be ashamed of and most of us wouldn’t be here if it wasn’t for eggs and periods.</p>	<p>Question box Activity sheets Images for display Pads and Tampons to show</p>	<p>Growing and changing</p> <p>Personal Hygiene</p> <p>Positive relationships</p> <p>Puberty</p> <p>Relationships Education</p> <p>Periods / Menstruation</p> <p>Body Changes</p> <p>National Curriculum Science - Relationships elements</p>