

Curriculum Area: Growing and changing: Year Group 5

Learning Outcomes	Context and Experiences	Specific Resources	Subject Links
<p>Children will be able to:</p> <p>Identify some products that they may need during puberty and why;</p> <p>Know what menstruation is and why it happens.</p>	<p>Year 5 sample lesson – Growing up and changing bodies – 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 5.</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 children will discuss and define the word ‘Puberty’. They will gather the children’s ideas and clarify that ‘puberty’ is the word given to the time in a person’s life when their body begins to change from a child’s body to an adult’s body one that is capable of reproduction. The teacher will highlight that the changes include physical changes, emotional changes and psychological changes.</p> <p>The children will be told that everyone is unique. Not everyone starts puberty at the same age, some earlier than others and some go through puberty faster than others. Girls often start before boys. Explain that chemicals produced in the body called hormones cause puberty, it is natural and part of growing into an adult.</p> <p>Activity</p> <p>The children will work in groups and provided with a bag of objects these can include deodorant, shower gel, tissues, facial wash/spot cream and period products. The children will be asked how the objects are linked to puberty and what a person might use them for. Allow a few minutes for the pupils to discuss the items.</p> <p>A discuss will follow about how female and male bodies grow and change using the correct vocabulary e.g. breasts, periods, genitalia, penis, testes, semen, erections and wet dreams</p> <p>Next there will be a discussion about menstruation. (This part of the lesson could be taught to single gender groups but it is important that both genders understand the puberty changes for each other) The children will be taught the menstrual cycle using diagrams of female reproductive parts. They will also be a discussion of what they can do if they</p>	<p>Question box Activity sheets Personal hygiene products Female reproductive diagrams</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>

begin their periods at school (They can go to members of staff who can provide protection in an emergency.

Lesson end

The teacher will summarise by reassuring the children the changes during puberty are a normal part of growing up and they will not all happen at the same time. The question box will be checked and questions will be discussed openly and honestly.