

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.

Programmes of Study

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

Science Attainment Targets
describe the changes as humans develop to old age

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 reproductive organs
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

[Puberty Changes Teacher Guide](#)
[Pictures of male and female reproductive organs](#)
[Anonymous questions template](#)

Additional Activities

Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, www.channel4.com/learning
Sheets of flipchart paper for body outlines

[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

[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 (see lesson plan)

[Kim's Game Teacher Guide](#)

[Year 5 Puberty Problem Page](#)

[Year 5 Puberty Problem Page cut-outs](#)

[Problem Page Teacher Guide](#)

Anonymous questions from Lesson 1

Additional Activities

[Puberty Bingo](#)