

Year 5

Puberty

Key Stage 2

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

PSHE

Programme of Study

Core Theme 1:

Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty

- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them

Core Theme 2:

Relationships

- to feel confident to raise their own concerns, to recognise and care about other people's feelings

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

Lesson Title

Lesson 1

Talking About Puberty

Puberty

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: <http://www.channel4learning.com/>

Sheets of flipchart paper for body outlines

Lesson 2

Male and Female Changes

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

Lesson 3

Puberty and Hygiene

Hygiene

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

Learning Intention

To explore the impact of puberty on the body & the importance of hygiene

To explore ways to get support during puberty

Learning Outcomes

Explain how to keep clean during puberty

Explain how emotions change during puberty

Explain how to get support and help during puberty

Know how to get support and help during puberty