

### Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, 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

#### Learning Intentions and Learning Outcomes

Learning Intention  
To explore the human lifecycle

Learning Outcomes  
Describe the main stages of the human lifecycle  
Describe the body changes that happen when a child grows up

Learning Intention  
To identify some basic facts about puberty

Learning Outcomes  
Discuss male and female body parts using agreed words  
Know some of the changes which happen to the body during puberty

Learning Intention  
To explore how puberty is linked to reproduction

Learning Outcomes  
Know about the physical and emotional changes that happen in puberty  
Understand that children change into adults so that they are able to reproduce

#### Lesson Title

Lesson 1  
[Growing and Changing](#)

Lesson 2  
[What is Puberty?](#)

Lesson 3  
[Puberty Changes and Reproduction](#)

#### Resources

[Lifecycle pictures](#)  
[Lifecycle word cards](#)  
[What has changed? worksheet](#)  
[Lifecycle Quiz slides](#)  
[Lifecycle Quiz answers](#)

Additional Activities  
[Babies and Children worksheet](#)

[Body Part Bingo cards](#)  
[Bingo Flash cards](#)  
[Body Changes pictures](#)  
[Our Bodies worksheet](#)

Story bag items (see lesson plan)  
Book: *Hair in Funny Places*, Babette Cole  
[Body Changes worksheet](#)

Additional Activities  
Suggested reading:  
*Where Willy Went*, Nicholas Allan  
*Amazing You!* Gail Saltz  
[http://www.bbc.co.uk/science/humanbody/body\\_interactives/lifecycle/teenagers/](http://www.bbc.co.uk/science/humanbody/body_interactives/lifecycle/teenagers/)