








South Gosforth First School
 PSHE –Year Four Spring Term 2 Overview



 How will we grow and change? 				
Health and Wellbeing	Growing and changing; Puberty			
In this unit pupils learn:	<ul style="list-style-type: none"> • about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams • how puberty can affect emotions and feelings • how personal hygiene routines change during puberty • how to ask for advice and support about growing and changing and puberty 			
PSHE Association Programme of Study references:	<p>H31: about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)</p> <p>H32: about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene</p> <p>H34: about where to get more information, help and advice about growing and changing, especially about puberty</p>			
Key vocabulary:	puberty; lifecycle; reproduction; menstruation; penis; testicles; vulva; vagina; womb; sperm; egg; pubic hair; breasts; erection; wet dream; feelings; emotions; personal hygiene; change; support			
No Outsiders Text:	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">  'Aalfred and Aalbert' by Morag Hood </td> <td style="width: 33%; text-align: center;"> Learning Intention: To find common ground </td> <td style="width: 33%; text-align: center;"> Success Criteria: I know there are more things that we have in common than divide us </td> </tr> </table>	 'Aalfred and Aalbert' by Morag Hood	Learning Intention: To find common ground	Success Criteria: I know there are more things that we have in common than divide us
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