

end of key stage statements	learning outcomes	lesson title	resources
<p>PSHE Framework</p> <p>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</p> <p>3c, learn about how the body changes as children approach puberty</p> <p>National Curriculum Science</p> <p>1a, that the life processes common to humans and other animals include nutrition, movement, growth and reproduction</p> <p>2f, about the main stages of the human life cycle</p>	<p>Explain the main physical and emotional changes that happen during puberty</p> <p>Ask questions about puberty with confidence</p>	<p>Lesson One:</p> <p>Talking About Puberty</p>	<ul style="list-style-type: none"> DVD: Living and Growing, Unit 2, Programme 4, <i>Changes</i> Anonymous questions template Male and Female body pictures
	<p>Explain how to stay clean during puberty</p> <p>Describe how emotions change during puberty</p> <p>Demonstrate how to seek help and support during puberty</p>	<p>Lesson Two:</p> <p>Puberty and Hygiene</p>	<ul style="list-style-type: none"> Kim's Game tray of items and a cloth to cover it Male and Female body pictures Kim's Game Teacher Guide Puberty Problem Page Problem Page Teacher Guide <p>Additional Activities</p> <ul style="list-style-type: none"> Puberty Bingo
	<p>Explain and ask questions about menstruation and wet dreams</p> <p>Describe how to manage periods and wet dreams</p>	<p>Lesson Three:</p> <p>Menstruation and Wet Dreams</p>	<ul style="list-style-type: none"> Pictures of male and female reproductive organs Menstrual cycle animation Puberty Card Game Puberty Card Game answers Puberty Card Game whiteboard summary Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs) Selection of sanitary wear (tampons, sanitary towels, panty liners) <p>Additional Activities</p> <ul style="list-style-type: none"> What is the Menstrual Cycle? Cards What is the Menstrual Cycle? whiteboard summary The Menstruation Card Game for Girls The Menstruation Card Game for Girls Answers Menstruation Card Game whiteboard summary
<p>Follow Up Material</p> <ul style="list-style-type: none"> QCA PSHE key stage 2, Sex and relationships education: Unit 5, how the body works and changes in puberty <i>Girl Talk: All the stuff your sister never told you</i>, Carol Weston pub's Harper Collins Living and Growing, Unit 3, pages 15, 18, 19, 24, 27, 28, 31 Living and Growing, Unit 3, video programme 7 www.kidshealth.org - animation of menstruation ACTIV Primary Software, <i>Science</i> Promethean: <i>UK resources, Science</i> 			