

Sex and Relationship Education – Year 4

Scheme of Work Growing Up

Theme	Learning Intention	Learning Outcomes	Vocabulary	Subject Links	Thoughts for parents
<p>Growing & Changing.</p> <p>Hygiene</p>	To explore the human life cycle	Describe the main stages of the human life cycle including how a baby develops and grows in the womb	<p>Life Cycle</p> <p>Reproduction</p> <p>Physical</p> <p>Womb</p> <p>Emotional</p> <p>Feelings</p>	<p>PSHE</p> <ul style="list-style-type: none"> 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. To learn about how the body changes as children approach puberty. <p>Science</p> <p>Animals including humans.</p>	<ul style="list-style-type: none"> A way to introduce life cycles could be to discuss animal reproduction. Share family photographs and discuss the changes that they have gone through as they have grown. Discuss the importance of hygiene and that, as you go through puberty, it is essential to keep all parts of the body clean. This means showering / bathing at least once every two days (and always after exercise) and changing underclothing each day. Use your discretion as to when you feel it is appropriate for your child to start using deodorant. Highlight the importance of clean PE kit to prevent bad odours.
What is puberty?	To identify the basic facts about puberty	Discuss male and female body parts using agreed words	<p>Puberty</p> <p>Breasts</p> <p>Vagina</p> <p>Penis</p> <p>Sperm</p>	<p>RE</p> <p>Children know and understand that they are all different and celebrate these</p>	<ul style="list-style-type: none"> Talk to the children about how puberty is preparing them, both physically and emotionally, for later life as an adult.

		Know some of the changes which happen to the body during puberty	Testicles Womb Egg Pubic hair	<p>differences as they appreciate that God's love accepts as we are and as we change</p> <p>How do I learn to accept and celebrate who I am?</p> <p>How do I Accept differences in others?</p> <p>How do I deal with difference and manage the conflicts that arise?</p>	<ul style="list-style-type: none"> • Discuss how boys and girls share some very similar changes but also go through changes that are unique to their own gender.
Puberty changes & reproduction	To explore how puberty is linked to reproduction	<p>Know about the physical and emotional changes that happen in puberty</p> <p>Understand that children change into adults so that they are able to reproduce.</p>		<p>RE</p> <p>Can I identify and name my feelings?</p> <p>Do I know and understand about what these feeling are?</p> <p>How do I deal with what I feel and can I analyse my feelings and actions?</p>	<ul style="list-style-type: none"> • Try and use the words in the vocabulary list and not substitute words as these often trivialise or demean what you are discussing. • Talk to the children about the changes they will soon be going through (these may have already begun). Ask the children do they know what these changes are? Explain they are perfectly natural and talk about the changes you went through yourself. • Encourage the children to ask you questions whenever they feel the need.