

Knowledge - what I already know

I know that we grow and change

I know some physical changes as we grow

Knowledge - what I will know by the end of this unit

To explore the human life cycle

To identify some basic facts about puberty, reproduction and pregnancy

To learn about the physical changes during puberty

To share my wishes, hopes and dreams

To embrace positive change

To recognise and deal with unwelcome change

Activities

- Draw the life cycle of a human (a baby, your current self, your future self)
- Discussion about changes in puberty and discuss facts about pregnancy
- Discussion: we all experience puberty differently. We experience different emotions during puberty
- Draw 4 hopes, wishes and dreams for the future. Divide paper into 4 sections labelled a physical change, a practical achievement, a personality trait & change in lifestyle
- What would the world be like without change? Is change good?
- Why is change sometimes scary and uncomfortable? Draw pictures of a group you belong to.

Useful vocabulary

Puberty - a process of develop in adolescents to reach sexual maturity

Lifecycle - a series of changes in the life of a human

Reproduction - the production of offspring

Physical - changes that you can see

Pregnancy - a period of time that a woman grows a baby in the womb

Breasts - organs on a woman's body that produce milk after childbirth

Sperm - male reproductive cell

Egg - female reproductive cell

Pubic hair - hair grown on the private areas of your body

Emotions - strong feelings based on circumstances, mood & relationships

Ambition - a strong desire to achieve something

Practical - be effective in real circumstances, it's feasible

Personality - a combination of characteristics or qualities

Lifestyle - the way in which a person lives

Variety - difference and diversity

Opportunity - a chance to achieve something great

Resentment - feeling bitter about a situation

Shock - a sudden and upsetting event or experience

Rejected - dismiss as inadequate or unacceptable

Skills

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Identify and respect differences and similarities between people
- Recognise choices they can make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people, and cooperate with others
- Recognises changes in the human lifecycle
- Recalls basic facts about reproduction, puberty & pregnancy
- Can explain how changes can be both positive and negative

