

Knowledge - what I already know

I know that the body changes as it grows
I know what a role model is



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

To explore the emotional and physical changes occurring in puberty
To understand male and female puberty changes in more detail
To explore the impact of puberty on the body and the importance of personal hygiene
To understand the concept of wellbeing
To know how to be an effective learner
To understand what makes people positive role models

Activities

- Discuss what physical and emotional changes do you think will happen during puberty. How have you changed since you were small?
- Discuss the menstrual cycle (watch a video online) feedback with anonymous questions about changes in male and female bodies
- Recap how our bodies change in puberty. Discuss how to keep our bodies clean when we have extra hair, spots or sweating more. Feedback with anonymous questions
- Provide circle divided into 24 sections to represent the day. Colour in sections of the day based on when you sleep, go to school, play etc. What is a healthy balance of activities?
- The fourth son story and discuss why the fourth son was an effective learner. What did the other sons have? What is one skill you have as a learner?
- Think of famous role models. Why are these people role models? What did they do when they felt like giving up? Think of an occasion when you felt like giving up?

Useful vocabulary

Puberty - when a teenager reaches sexual maturity
Menstruation - a monthly bleeding from the lining of the uterus
Wet dreams - a dream that causes involuntary ejaculation of semen
Semen - the male reproductive fluid; eventually meets with the egg
Erection - when the penis swells with blood and becomes hard
Sweat - fluid that comes through the pores when the body is hot
Breasts - protruding organs on a woman which provide milk after childbirth
Spots - red and puffy pimples normally found on the face
Pubic hair - hair on your private parts
Facial hair - hair on your face (normally on males)
Sexual feelings - feelings that cause arousal
Balance - to have an equal amount of everything to stay healthy
Lifestyle - a way in which a person lives
Goals - an aim or desired result
Skills - an ability to do something well
Role model - a person who's looked up to by others
Admiration - to have respect for
Perseverance - the persistence to do something even if it is challenging

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
- Understands the emotional and physical changes of the body during puberty
- Understands that when going through puberty there must be more care with personal hygiene
- Understands the concept of wellbeing and how to keep a good well being in oneself
- Recognises ways to be an effective learner
- Recognises ways to become a positive role model