

### Scheme of Work

**Word Box:** Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings.

**PSHE**  
**Programme of Study**  
**Core Theme 1:**  
**Health and Wellbeing**

- how their body will, and emotions may, change as they approach and move through puberty
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them

**Core Theme 2:**  
**Relationships**

- to feel confident to raise their own concerns, to recognise and care about other people's feelings

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**Science Attainment Targets**

- describe the changes as humans develop to old age

**Learning Intentions and Learning Outcomes**

**Learning Intention**  
 To explore the emotional and physical changes occurring in puberty  
**Learning Outcomes**  
 Explain the main physical and emotional changes that happen during puberty  
 Ask questions about puberty with confidence

**Learning Intention**  
 To understand male and female puberty changes in more detail  
**Learning Outcomes**  
 Understand how puberty affects the reproductive organs  
 Describe how to manage physical and emotional changes

**Learning Intention**  
 To explore the impact of puberty on the body & the importance of hygiene  
 To explore ways to get support during puberty  
**Learning Outcomes**  
 Explain how to keep clean during puberty  
 Explain how emotions change during puberty  
 Know how to get support and help during puberty

**Lesson Title**

**Lesson 1**  
[Talking About Puberty](#)

**Lesson 2**  
[Male and Female Changes](#)

**Lesson 3**  
[Puberty and Hygiene](#)

**Resources**

[Puberty Changes Teacher Guide](#)  
[Pictures of male and female reproductive organs](#)  
[Anonymous questions template](#)  
**Additional Activities**  
 Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, <http://www.channel4learning.com/>  
 Sheets of flipchart paper for body outlines

[Pictures of male and female reproductive organs](#)  
[Puberty Changes Teacher Guide](#)  
 Menstrual cycle animation  
[Male pictures](#)  
[Puberty Card Game](#)  
[Puberty Card Game answer sheet](#)  
[Puberty Card Game whiteboard summary](#)  
 Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs)  
 Selection of sanitary wear (tampons, sanitary towels, panty liners)  
 Anonymous questions from Lesson 1  
**Additional Activities**  
[www.bbc.co.uk/science/humanbody](http://www.bbc.co.uk/science/humanbody)  
[What is the Menstrual Cycle? cards](#)  
[What is the Menstrual Cycle? whiteboard summary](#)  
[The Menstruation Card Game for Girls and Answers](#)  
[Menstruation Card Game whiteboard summary](#)

Kim's Game items and a cloth to cover them (see lesson plan)  
[Kim's Game Teacher Guide](#)  
[Year 5 Puberty Problem Page](#)  
[Year 5 Puberty Problem Page cut-outs](#)  
[Problem Page Teacher Guide](#)  
 Anonymous questions from Lesson 1  
**Additional Activities**  
[Puberty Bingo](#)