

### 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.

#### End of Key Stage Statements

##### PSHE Framework

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  
3c, learn about how the body changes as children approach puberty

##### National Curriculum Science

1a, that the life processes common to humans and other animals include nutrition, movement, growth and reproduction  
2f, about the main stages of the human life cycle

#### 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 body and the emotions  
Describe how to manage physical and emotional changes

##### Learning Intention

To explore the impact of puberty on the body and the importance of physical hygiene

To explore ways to get support during puberty

##### Learning Outcomes

Explain how to stay clean during puberty  
Describe how emotions change during puberty  
Know how to get help and support during puberty

#### Lesson Title

##### Lesson 1

[Talking About Puberty](#)

##### Lesson 2

[Male and Female Changes](#)

##### Lesson 3

[Puberty and Hygiene](#)

#### Resources

DVD: Living and Growing, Unit 2, Programme 4, Changes

[www.channel4.com/learning](http://www.channel4.com/learning)

[Puberty Changes Teacher Guide](#)

[Pictures of male and female reproductive organs](#)

[Anonymous questions template](#)

[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)

DVD: Living and Growing, Unit 3, Programme 8, Boy Talk Chapter 2

Programme 7, Girl Talk Chapter 3. [www.channel4.com/learning](http://www.channel4.com/learning)

[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

[Kim's Game Teacher Guide](#)

[Puberty Problem Page](#)

[Problem Page Teacher Guide](#)

Anonymous questions from Lesson 1

##### Additional Activities

[Puberty Bingo](#)