

Year 4 Summer 1 and 2 PSHE Growing and changing



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about the way we grow and change throughout the human lifecycle

can identify changes throughout the human life cycle .

Understand change is on-going.

Understand change is individual

the physical changes associated with puberty

are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults.

Identify physical changes associated with puberty.

Understand that everyone's experience of puberty is different and that it begins and ends at different times

about menstruation

can describe menstruation.

Can explain effective methods for managing menstruation.

Understand the relationship between the sex cells (sperm and ovum), menstruation

the impact of puberty on physical hygiene and strategies for managing this

can explain how changes at puberty affect body hygiene.

Can describe how to care for their bodies during puberty.

Can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming

What should I already know:

The differences and similarities between people.

The biological differences between male and female animals and their role in the life cycle growing from young to old and that they are growing and changing.

The human life cycle

That everybody needs to be cared for and ways in which they care for others

Big Question:

How can I look after my body as it changes?

Zones of regulation



The end point:

To know about the biological changes during puberty and how their feelings might change.

Key vocabulary

_Baby, toddler, school aged, teenager, adult, elder, Age, difference, physical changes, puberty, reproduction, Stereotyping, Individual, menstruation, periods, Relationship, sex cells, sperm, egg, hygiene, grooming, clean, strategies. Anxious, Lifecycle Grow, Change Strategies, Emotions Relationships, Support , Advice

Powerful knowledge/skills for this unit: continued ...

Pupils learn about

how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty

are able to describe how feelings and behaviour change during puberty.

Can devise strategies for managing these changes.

Understand how changes during puberty can affect relationships with other people

strategies to deal with feelings in the context of relationships

are able to identify feelings and understand how they affect behaviour.

Can practise strategies for managing relationships and changes during puberty.

Can empathise with other people's feelings in relationships, including parents and carers

how to answer each other's questions about puberty with confidence, to seek support and advice when they need it

Can identify sources of information, support and advice for children and young people.

Can use appropriate language to discuss puberty and growing up with confidence.

Can answer their own questions about puberty and growing up.

Mindmate Monday lesson



Year 4 Summer 1 Know actions affect themselves & others

Lesson focus: I know that discrimination can hurt people's feelings

Pupils should have the opportunity to... understand that their actions affect themselves & others develop self-awareness, doing the right thing learn the connection between discrimination & uncomfortable feelings

Year 4 Summer 2 Coping with difficult situations

Lesson focus: I can cope in difficult situations

Pupils should have the opportunity to... recognise that, at times, they may experience conflicting emotions understand more about managing their emotions

