

### 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.

#### Programmes of Study

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

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 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

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