



No Limits to Learning!

Child's Name \_\_\_\_\_ Year Group 4 Class \_\_\_\_\_

### Coverage of PSHE UNIT 'Changing Me' Summer 2023.

Session	Learning Intention	Content including Vocabulary	✓/X
1	<p>To understand that some of our personal characteristics have come from our birth parents and that this happens because we are made from the joining of their egg and sperm.</p> <p>To appreciate that they are truly unique human beings.</p>	<p>Genetics will be discussed in this lesson- traits that we get passed down from our parents- do we look like our parents? Have any of their features? Personality traits? We will be doing this through looking at cats and their kittens- can the children match the kitten to its parent? We get half of our genes from our mother, half from our father and they meet when their cells (egg and sperm) meet.</p> <p><b>Vocabulary- Personal, Unique, Characteristics, Genes, Cells, Parents, Sperm, Egg</b></p>	
2	<p>To correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</p> <p>To understand that having a baby is a personal choice and express how I feel about having children when I am an adult.</p>	<p>We will start the lesson looking at four things and matching them to their ingredients/ things that help make them/ help them to grow- a cake, a baby, a new car or an oak tree. Then we will ask these questions-</p> <ul style="list-style-type: none"> <li>• <b>What do you think are the reasons why people might choose to have a baby?</b></li> <li>• <b>What do you think might be difficult about looking after a new baby?</b></li> </ul> <p>Having a baby is both a great joy and a big responsibility, and that is why many people wait until they have a loving and stable relationship in which to care for the baby. Point out that it has always been a natural human instinct to want babies; if not, none of us would be here! Explain it's a choice people make, and some people choose not to.</p> <p>We'll discuss the new vocabulary, some scientific images and use this script to help explain- It's amazing how a baby starts to grow when a man's sperm and a woman's ovum meet and join together. This can happen when a grownup man and woman share an especially close and loving embrace which allows the sperm to be released through the penis into the vagina. People refer to this as 'making love' or 'having sex' or sexual intercourse. It's an intimate, loving and very private part of a grown-up relationship. From the vagina, the sperm can swim</p>	

		<p>through the womb/uterus into the tubes that lead from the ovaries. If they meet an egg/ovum there, one of them may 'fertilise' it - join with it so that it starts growing into a baby. This is called conception. The fertilised egg settles into the soft lining of the mother's womb, where it will grow until it is big enough to be born 40 weeks/(9 months). The baby will get half of it's genes from the mother's egg/ovum and half its genes from the father's sperm.</p> <p>We'll then give the children an opportunity to write down some questions which we can cover in the next lesson if appropriate.</p> <p><b>Vocabulary- Sperm, Egg/ Ovum, Penis, Testicles, Vagina/ Vulva, Womb/ Uterus, Ovaries, Making love, Having sex, Sexual Intercourse, Fertilise, Conception</b></p>	
3	<p>To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>To know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</p>	<p><b>girls / boys</b></p> <p>Teacher prepares a bag with a collection of items related to puberty and growing up: e.g. deodorant (boy and girls products), spot cream, hair gel, comb, diary, teenage magazine, smart phone, iPad, bra, shaving foam, sanitary towel, tampon, pant liner, etc. Invite children to name item. If they don't know what an item is, invite other children to say if they know. Reassure that this is new information for everyone and that it's OK to not be sure about some of these items.</p> <p>Briefly discuss how each relates to an aspect of growing up. Finish with the items of sanitary wear and ask children to say what they know already about what these are and what they are for.</p> <p>Introduce the word 'menstruation' (literally meaning a monthly event) and explain this is a special part of puberty that affects girls.</p> <p>Ask for any questions/worries. Remind children they can use the 'jigsaw box' to post any worries or questions.</p> <p><b>Vocabulary</b></p> <p>Puberty Menstruation Periods Sanitary towel Panty liner Tampon Vagina Vulva Ovaries Womb Uterus</p>	

Parent Carer Name \_\_\_\_\_ Parent/Carer Signature \_\_\_\_\_

Authorised by the Headteacher: \_\_\_\_\_ Date \_\_\_\_\_