

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, 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
- about human reproduction

Science Attainment Targets

- describe the changes as humans develop to old age

Learning Intentions and Learning Outcomes

Learning Intention

To explore the human lifecycle

Learning Outcomes

Describe the main stages of the human lifecycle

Describe the body changes that happen when a child grows up

Learning Intention

To identify some basic facts about puberty

Learning Outcomes

Discuss male and female body parts using agreed words

Know some of the changes which happen to the body during puberty

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes

Know about the physical and emotional changes that happen in puberty

Understand that children change into adults so that they are able to reproduce

Lesson Title

Lesson 1

Growing and Changing

Lesson 2

What is Puberty?

Lesson 3

Puberty Changes and Reproduction

Resources

[Lifecycle pictures](#)

[Lifecycle word cards](#)

[What has changed? worksheet](#)

[Lifecycle Quiz slides](#)

[Lifecycle Quiz answers](#)

Additional Activities

[Babies and Children worksheet](#)

[Body Part Bingo cards](#)

[Bingo Flash cards](#)

[Body Changes pictures](#)

[Our Bodies worksheet](#)

Story bag items (see lesson plan)

Book: *Hair in Funny Places*, Babette Cole

[Body Changes worksheet](#)

Additional Activities

Suggested reading:

Where Willy Went, Nicholas Allan

Amazing You! Gail Saltz

<http://www.bbc.co.uk/science/humanbody/body/interactives/lifecycle/teenagers/>