



Prior Learning (Y2):

What are the biological differences between male and female children? How are families different? Why is it important to understand and respect the differences and similarities between people?

Key Learning (Y4):

- What is puberty?
- How do our bodies change during puberty?
- What can we do to care for our physical hygiene during puberty?





Healthy and Safe Citizens

Introducing...

Healthy me, Safe me:

PSHE



In PSHE, we learn how to stay healthy and safe in our lessons. We want to make it clear what we learn to do in each lesson.

Identity, society and equality Physical health and wellbeing Relationships and health education Keeping safe and managing risk Mental health and emotional wellbeing Careers, financial capability and economic wellbeing

Drug, alcohol and tobacco education







Our changing bodies and physical hygiene

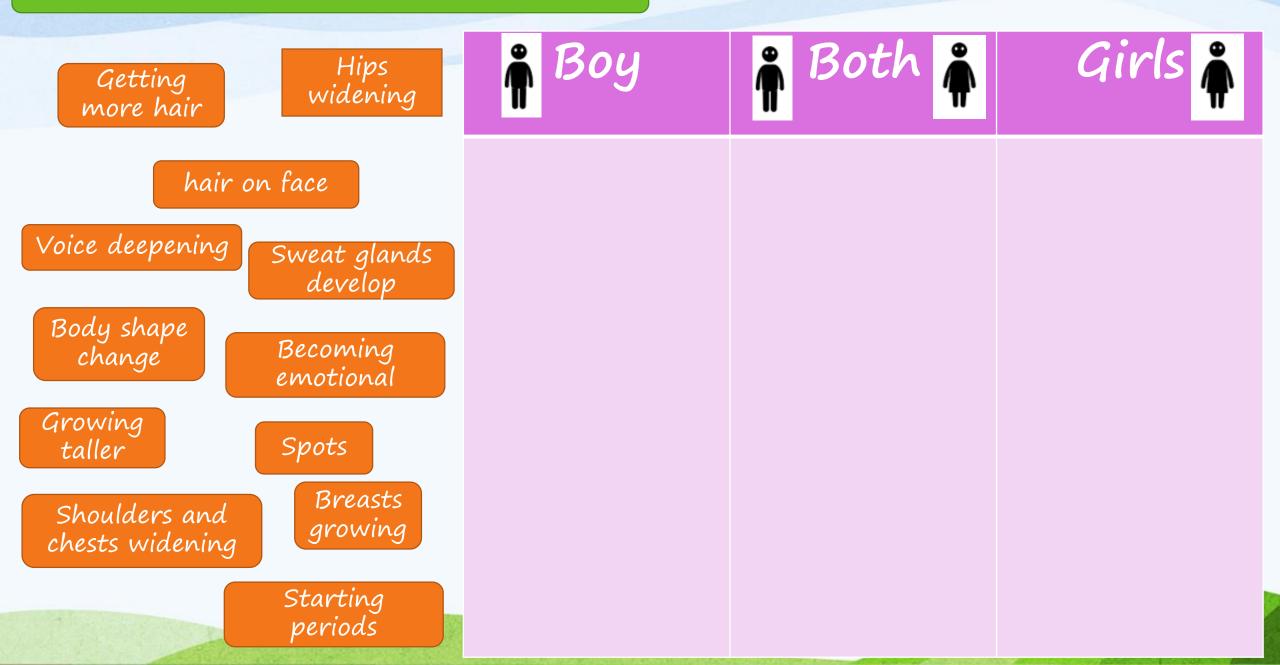


Consider in groups:

- What changes as we grow older?
- What is the word which describes the time in our lives when bodies change from children to adults?
- What age does this stage happen?

Puberty

Process of physical changes through which your body matures into an adult. Can occurs anytime between 8 and 17 and is different for everyone Some of the changes you may have thought of...



Adolescence

a transitional stage of physical and psychological development that occurs during the period from puberty to adulthood, usually associated with the teenage years 13 – 19, but its physical, psychological or cultural expressions may begin earlier and end later.



<u>https://www.youtube.com/watch?v=dLuEY6jN6gY</u> <u>&ab_channel=BBCStudios</u> **Play clip to 1.11 only**

Looking after your body as you grow:

What does hygiene mean? Self care and keeping clean

Why is it important?

Bacteria and infection

Why especially so in puberty? Sweat glands form



Which areas need to kept particularly clean?



teeth

underarms

neck and

genitals

shoulder

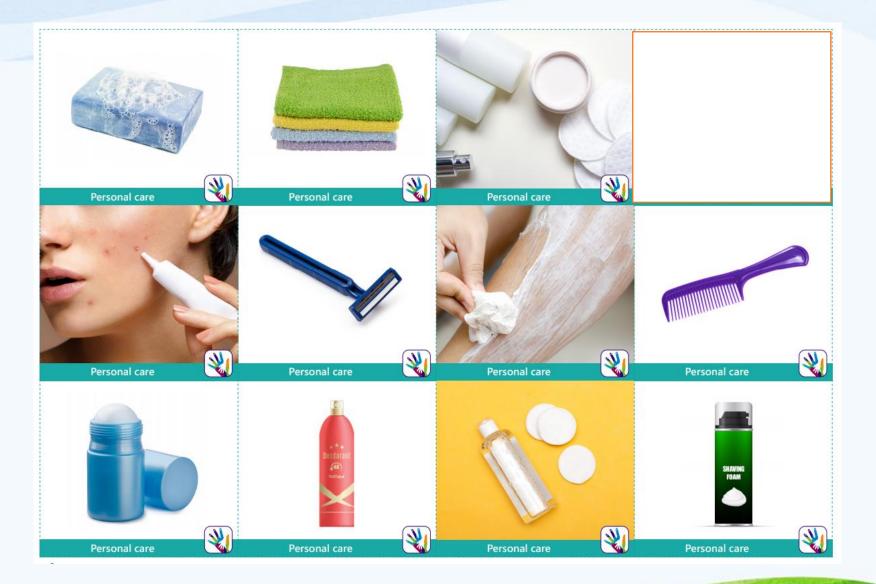
• feet

• face

Personal Care

In groups:

Discuss and label a minimum of 3 items. What is it, who uses it and why. Should everybody use it, is it used by men or women or both?



Personal Hygiene – who should use these items?







L	Ι	S	Т	Ε	Ν	Т	0	Μ	U	S	Ι	С	D	LAUGH
V	Α	G	0	Υ	В	Υ	L	Ι	Μ	Α	F	Т	Ε	TALK PUBERTY
Ε	Κ	S	Ρ	Ε	Е	L	S	S	н	0	W	Ε	R	DISCUSSION TOOTHPASTE
G	Ρ	Н	Ν	0	Ι	S	S	U	С	S	Ι	D	Ν	BODY
Ε	W	Α	W	Α	S	Н	F	R	Ι	Ε	Ν	D	S	MINDFULNESS DEODORANT
Т	Т	м	в	Α	Т	Н	Υ	G	Ι	Е	Ν	Е	0	SLEEP FRUIT
Α	Α	Ρ	L	Е	н	R	0	F	к	S	Α	Υ	Ν	FRESH AIR
В	L	0	т	Ν	Α	R	0	D	0	Е	D	Ι	F	VEGETABLES HEALTHY
L	ĸ	0	В	Ι	G	Y	т	R	E	В	U	P	R	YOGA SHOWER
		-	_	_	-	-	•		_	_	-	•		FAMILY
Ε	Т	S	Α	Ρ	Н	Т	0	0	Т	S	Ε	R	U	BATH
S	Н	R	Ι	Α	н	S	Е	R	F	Μ	Н	S	Ι	WASH LISTEN TO MUSIC
Μ	Ι	Ν	D	F	U	L	Ν	Ε	S	S	Ε	F	Т	ASK FOR HELP
Н	Н	В	0	D	Υ	F	0	Е	L	Α	U	G	Н	FRIENDS HYGIENE
L	Т	Υ	Η	Т	L	Α	Ε	Н	Ε	Ν	0	Ι	R	REST SHAMPOO

Healthy body and mind wordsearch



*This was suggested as a Year Five unit but we decided it was more important to be pre-emptive with this information, as children can experience change in their bodies before Year Five. The Year Four unit on careers, financial capability and economic wellbeing has been switched to Year Five.

Year 4 - Relationships and health education

Growing up and changing

Learning intentions and outcomes Ideas for a lesson plan Suggested teaching resources LESSON FOUR Ground rules: Remind the pupils of ground rules for PSHE lessons. Ensure they are understood and Introductory activity Pupils learn about the impact of followed. Personal care pictures sheet puberty on physical hygiene and Main activity Hook activity: In groups, pupils brainstorm hygiene, teacher asks, what does hygiene mean? (self-care strategies for managing this and keeping clean), why is it important? (bacteria and infection), why is it particularly important in puberty? Pupils (sweat glands form), which areas of the body need to be kept particularly clean? (teeth, feet, under arms, can explain how changes at puberty hair, skin of face, neck and shoulders, genitals - includes under the foreskin in boys who aren't affect body hygiene circumcised, and the vulva (external genitals) in girls, but remember, using perfumed goods, including can describe how to care for their soaps, can cause irritation as the skin is very sensitive). Feedback as a class and record answers on www.amaze.org. – 'Menstruation Sensation' bodies during puberty whiteboard or on a body outline. Groups, whole class Period protection worksheet · can recognise the similarities Period products photos Introductory activity: As a class, brainstorm the different items a girl or boy may carry / need during ٠ between the needs and wants of boys puberty to help with regular personal hygiene and a self-care routine, teacher records answers. In groups, Closing activity and girls and challenge gender pupils look at three pictures from the Personal care pictures sheet (teacher allocates the pictures). This stereotypes around hygiene and may stimulate discussion about gender stereotypes (eg shaving and hair removal products). Ask pupils Period protection teacher answer sheet grooming to look at each picture and discuss what it is, who uses it, why, whether everybody should use it and Optional additional activity whether it is used by men, women or both. Repeat for up to three pictures. Feedback (draw out the range · Healthy body and mind word search of sanitary protection and environmental factors). Groups, whole class Main activity: Pupils watch a video clip about period protection products or read a story or a scenario. Pairs are given the Period protection worksheet to complete together. Pairs come together in small groups; each group is given a photograph of a period product on a piece of flip chart paper (one product for each group). They write down facts about each type of protection on the flip chart paper, then pass it to the next group. Groups feedback on the different types of product. Whole class, pairs, groups

- Closing activity: In pairs, pupils think of what advice they would give to a friend who is worried about their personal hygiene during puberty (draw out the importance of being sensitive to other people's feelings). Pupils fill in the period protection - true or false? worksheet either in pairs or individually. Pairs, individual
- Optional additional activity: Explain to pupils that during puberty, there are physical as well as emotional changes and it is important to look after yourself. Pupils complete the Healthy body and mind word search.

 www.amaze.org. (see the amaze 'for educators' section - scroll down to 'video topics' - 'puberty' drop down menu – 'period hygiene: - Tampons, pads and menstrual cups') - two minute clip.

- Period protection true or false? worksheet
- Healthy body and mind word search answers