

Sex and Relationships Education – YEAR 4

Scheme of Work – Growing Up

Theme	Learning Intention	Learning Outcomes	Vocabulary	Subject linked to	Thoughts for parents
Growing & changing. Hygiene.	To explore the human lifecycle.	Describe the main stages of the human life cycle. Describe the body changes that happen when a child grows up.	Puberty Life cycle Reproduction Physical Breasts Sperm Egg Pubic hair Emotional Feelings	PSHE <ul style="list-style-type: none"> • 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. • To learn about how the body changes as children approach puberty. Science Animals including humans. RE People New life	<ul style="list-style-type: none"> • A way to introduce life cycles could be to discuss animal reproduction. • Share family photographs and discuss the changes that they have gone through as they have grown. • Discuss the importance of hygiene and that, as you go through puberty, it is essential to keep all parts of the body clean. This means showering / bathing at least once every two days (and always after exercise) and changing underclothing each day. • Use your discretion as to when you feel it is appropriate for your child to start using deodorant. • Highlight the importance of clean PE kit to prevent bad odours.
What is puberty?	To identify some basic facts about puberty.	Discuss male and female body parts using agreed words. Know some of the changes which happen to the body during puberty.			<ul style="list-style-type: none"> • Talk to the children about how puberty is preparing them, both physically and emotionally, for later life as an adult. • Discuss how boys and girls share some very similar changes but also go through changes that are unique to their own gender.
Puberty changes & reproduction.	To explore how puberty is linked to reproduction.	Know about the physical and emotional changes that happen in			<ul style="list-style-type: none"> • Try and use the words in the vocabulary list and not substitute words as these often trivialise or

		puberty. Understand that children change into adults so that they are able to reproduce.			demean what you are discussing. <ul style="list-style-type: none">• Talk to the children about the changes they will soon be going through (these may have already begun). Ask the children do they know what these changes are? Explain they are perfectly natural and talk about the changes you went through yourself.• Encourage the children to ask you questions whenever they feel the need.
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