



Year 4 PSHE: Changing me

Prior Learning

- How humans and animals grow and change from birth to adulthood
- Why bodies change as we grow up how boys' and girls' bodies change on the inside and outside and why these changes matter birth babies mother womb nutrients
- Why keeping clean becomes more important at puberty
- Simple ways to keep clean and healthy
- Stereotypes about parenting and family roles
- What I am looking forward to in my next class
- Changes I might make next year



Vocabulary

Personal, Unique, Characteristics, *Parents, Sperm, Egg / ovum, *Penis, *Testicles, scrotum, vulva, anus, *Vagina, Womb / *uterus, Ovaries, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, hormones, Periods, Seasons, *Change, Control, Emotions, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy

Sticky Knowledge

- What makes up my unique identity and interests, and how these develop as I grow up
- How a girl's body changes and that periods are a natural part of this
- Different types of family and my inner circle trusted people who can support me through puberty
- How the circle of change works
- Changes outside of my control and how I can accept them
- What I am looking forward to in my next class and changes I would like to make

