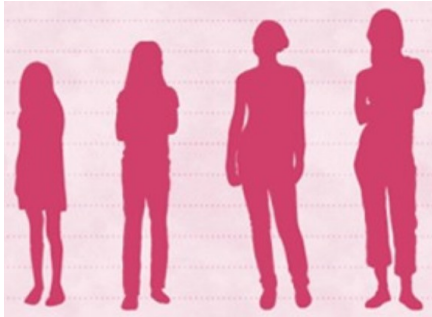


Year 4 H & W: Puberty


Summer 2



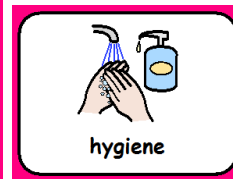
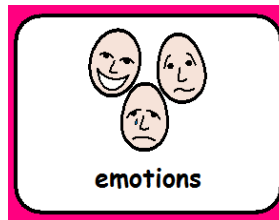
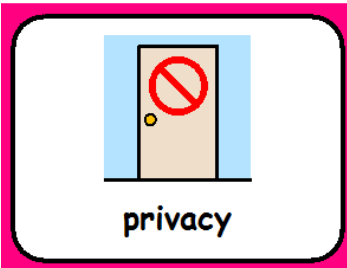
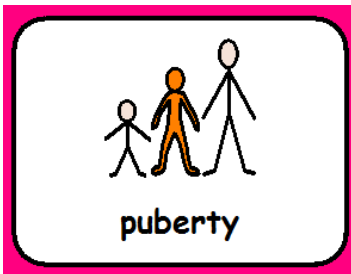
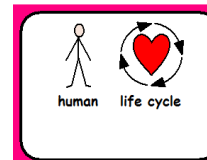
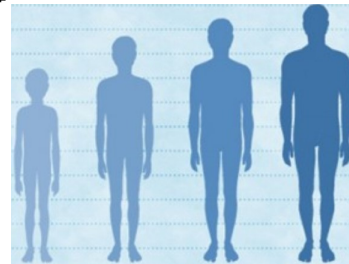
How is our body changing?



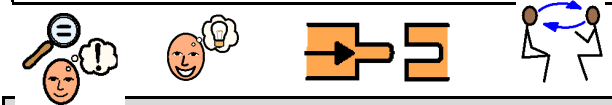
How are my emotions changing during puberty?



Key Vocabulary	Definition
puberty	The time when the body develops when you move from a kid to an adult.
privacy	Being alone or away from the view of other.
emotions	Person's inner feelings.
hygiene	The practice of keeping clean to stay healthy and prevent disease.



Key Outcomes
I understand key stages of the human life cycle .
I understand what puberty is and where it happens within the life cycle and where to get support.
I know the physical changes to our body that might happen during puberty.
I understand how our emotions change during puberty due to hormones i.e. privacy .
I know how to keep myself clean.



Key Skills
I can draw upon evidence and my own experiences.
I can show willingness to illustrate the ideas of others with own experiences.
I can identify associated concepts and explain their relevance and connections.
I can empathise with how others are feeling and thinking about things.
I know how to encourage others to join in discussion.
I can suggest reasoned conclusions.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well