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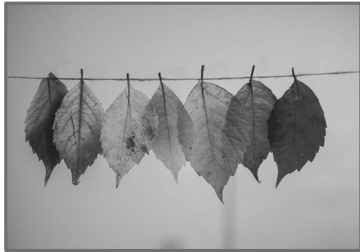
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Time to change

Y4-5 Lesson 1

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Learning objective

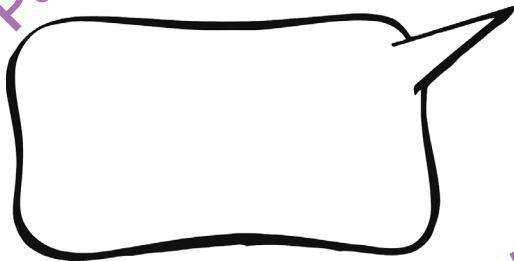
We are learning about the physical changes that happen during puberty

Learning outcomes

- I can recognise what puberty is, including when and why it happens.
- I can identify some of the physical changes that happen to bodies during puberty.
- I can use scientific vocabulary for external male and female body parts, including genitalia.

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Ground rules



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Changes

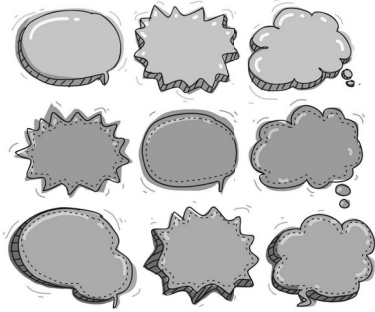
Draw two quick pictures - a male child and a female child the same age as you.

For each, write down the changes that will happen as they develop into a teenager.



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What is puberty?



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When and why?

Layla has been learning about growing and changing at school. She has spoken to her older brother Joe about going through puberty and is wondering when it might happen to her. She asks Joe, 'Why does puberty happen?'

When can puberty start?

What could Joe say to Layla?

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Body parts

Match the body parts with the body part labels



penis	testicles
vagina	vulva
mouth	eyes
nipples	legs/feet

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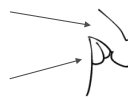
Body parts

nipples

legs/feet

penis

testicles



mouth

eyes

vulva

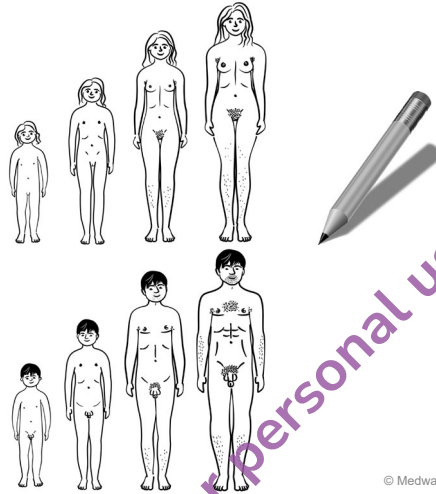
vagina



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Body changes

Write down the changes between the bodies before and after puberty, including any others you know about.



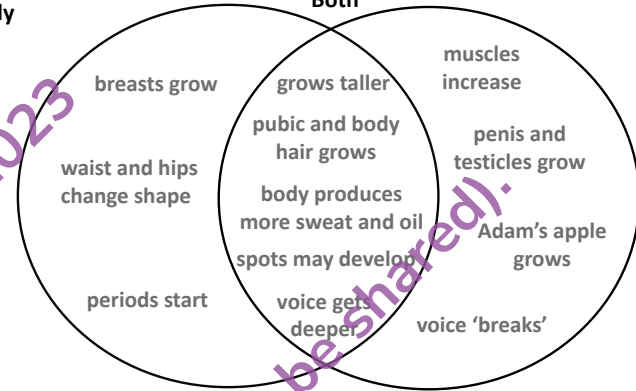
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Body changes

Female body changes

Both

Male body changes



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3 - 2 - 1

In today's lesson:

3 things I have learned are.....

2 things I found interesting are.....

1 question I have is.....

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Signposting support

If you have any questions or worries about puberty, it is important to speak to a trusted adult – a parent/carers or teacher at school.

www.childline.org.uk can provide support too (phone 0800 1111 to talk to someone).

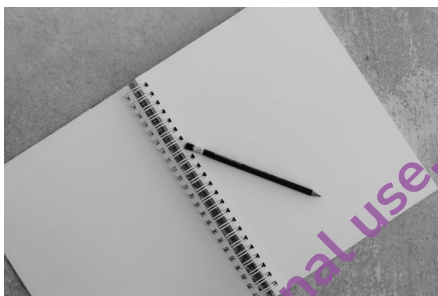


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More activities

Giving advice

I'm feeling a bit scared about puberty, and I'm not sure what to expect....can you help?



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