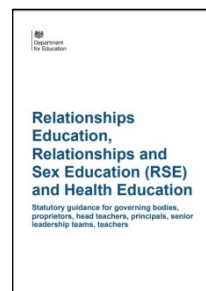


<b>Year 4 Spring 2</b> How will we grow and change?  <b>Theme :Health and Wellbeing</b> Growing and changing, puberty		
<b>PoS Core theme 1</b> <b>Health and wellbeing</b>	<b>Core theme 2</b> <b>Relationships</b>	<b>Core theme 3</b> <b>Living in the wider world</b>
<b>Ourselves growing and changing</b> <b>H31.</b> about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams) <b>H32.</b> about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene <b>H34.</b> about where to get more information, help and advice about growing and changing, especially about puberty		
<b>Prior Learning:</b> Year 3 Summer 2 Why should we keep active and sleep well? Year 3 Summer 1 Why we should eat well and look after our teeth? Year 2 Summer 1 What helps us grow and stay healthy? Year 1 Spring 1 What helps us stay healthy?		
<b>End points :-</b> <ul style="list-style-type: none"> <li>• about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams (covered in Year 5 puberty talk with School Nurse)</li> <li>• how puberty can affect emotions and feelings</li> <li>• how personal hygiene routines change during puberty</li> <li>• how to ask for advice and support about growing and changing and puberty</li> </ul>		
<b>Key vocabulary</b> Puberty Changes Hormones		

**Relationship education, relationships and Sex education RSE and Health education  
statutory guidance**

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



**Relationship Education – graduated age appropriate programme links**

**Physical health and mental well being : Primary**

Changing adolescent bodies
Pupils should know Key facts about puberty and changing adolescent bodies 9 through to 11 – physical and emotional changes
Menstrual wellbeing including key facts of menstrual cycle

Citizenship	Character Education –	British values	Careers Curriculum
	Beamont core values Aspiration Belonging Compassion Respect	Rule of Law  Tolerance and respect  Democracy  Individual Liberty  Protected Characteristics Equality Act	

Spiritual	Moral	Social	Cultural
ability to be reflective about their own beliefs (religious or otherwise) and perspective on life knowledge of, and respect for, different people's faiths, feelings and values sense of enjoyment	ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England	use of a range of social skills in different contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds willingness to participate in a variety	understanding and appreciate the range of cultural influences that have shaped their own heritage and that of others  understanding and appreciate the range of different cultures as an essential element of

<p>and fascination in learning about themselves, others and the world around them</p> <p>use of imagination and creativity in their learning</p> <p>willingness to reflect on their experiences</p>	<p>understanding of the consequences of their behaviour and actions</p> <p>interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues</p>	<p>of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively</p> <p>acceptance and engagement with the fundamental British values</p>	<p>their preparation for life in modern Britain</p> <p>ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities</p> <p>knowledge of Britain's democratic parliamentary system and its role in shaping history and values, and continuing to develop</p> <p>willingness to participate positively to artistic, musical, sporting and cultural opportunities</p> <p>interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.</p>
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## Sequence of lesson to follow

Lesson Plans and resources DfE approved

[https://pshe-association.org.uk/\\_hcms/mem/login?hsLang=en](https://pshe-association.org.uk/_hcms/mem/login?hsLang=en)

Y4 Spring 2 How will we grow and change?

[Build your programme \(pshe-association.org.uk\)](https://pshe-association.org.uk)

*PSHE Association power points, resources linked to topic – click on the purple links to download*

*NB: You will need to be logged in to the PSHE Association to access resources*

Spring 2 How will we grow and change?	Health and wellbeing Growing and changing: puberty  PoS refs: H31, H32, H34	<ul style="list-style-type: none"><li>• about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams</li><li>• how puberty can affect emotions and feelings</li><li>• how personal hygiene routines change during puberty</li><li>• how to ask for advice and support about growing and changing and puberty</li></ul>	<a href="#">Medway Public Health Directorate - Changing and growing up</a> <a href="#">FPA – Growing up with Yasmine and Tom (E)</a> <a href="#">Internet Matters - Digital Matters</a>
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