Growing Up Key Stage 2

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

Statutory Guidance

Health Education Changing adolescent body (8a)

Key Stage 2 Science

- describe the life process of reproduction in some plants and animals

Learning Intentions and Learning Outcomes

Learning Intention

To explore the human lifecycle
To identify some basic facts about puberty

Learning Outcomes

Understand that puberty is an important stage in the human lifecycle

Know some changes that happen during puberty

Lesson Title

Lesson 1 Changes

Resources

<u>Lifecycle whiteboard summary</u> Body Parts Bingo cards

Bingo Flash cards

Body Changes pictures

Lifecycle Quiz slides

<u>Lifecycle Quiz answers</u>

Additional Activities

Babies and Children worksheet

Health Education

Mental wellbeing (6a,6b,6c,6d,6f) **Health Education**

Changing adolescent body (8a, 8b)

Menstruation (9a)

Key Stage 2 Science

- describe the life process of reproduction in some plants and animals

-describe the changes as humans develop to old age

Learning Intention

To explore how puberty is linked to reproduction **Learning Outcomes**

Know about the physical and emotional changes that happen in puberty

Understand that children change into adults to be able to reproduce if they choose to

Lesson 2

What is Puberty?

Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart

Puberty Card Sort

Puberty Card Sort whiteboard summary

Body Changes worksheet

<u>Puberty Changes Teacher Guide</u>

Suggested Reading

Where Willy Went, Nicholas Allan Hair in Funny Places, Babette Cole

Relationships Education

Caring friendships (2b,2c,2d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)

Learning Intention

To explore respect in a range of relationships
To discuss the characteristics of healthy relationships
Learning Outcomes

Know that respect is important in all relationships including online Explain how friendships can make people feel unhappy or uncomfortable.

Lesson 3Healthy Relationships

Healthy Friendships cards
Relationship pictures
Online Respect and Self-Respect video
https://www.youtube.com/watch?v=mZtXwLzllpk