

## National Statutory Requirements

(DFE Statutory Guidance on Health Education and Relationship Education)

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
- where to get and how to ask for advice or help for themselves or others, and to keep trying until they are heard.

## Series of Lessons

- Identify changes within the human lifecycle.
- Identify the biological changes that happen during puberty (female focus).
- Manage the physical changes that happen during puberty (female focus).
- Identify and manage the physical changes that happen during puberty (male focus).
- Identify changes in hygiene routines during puberty.
- Recognise the emotional changes experienced during puberty.

PDL



Growing & Changing – Year 4

## Progression of Skills

(PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn

H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it

H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

H17. to recognise that feelings can change over time and range in intensity

H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction

H31. 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)

H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene

H34. about where to get more information, help and advice about growing and changing, especially about puberty

## Unit Outcome

In this unit of work, pupils learn:

- about the process of growing from birth to old age
- about the external genitalia and internal reproductive organs
- to manage the physical changes that happen during puberty, including periods and wet dreams
- how to maintain personal hygiene during puberty
- how and why emotions may change during puberty
- where to get appropriate help, advice and support in relation to puberty
- the importance of good sleep

## R&R and Herne Harmony Values

Article 16, Article 19, Article 34

Respect, Enjoyment, Honesty, Independence

## Vocabulary

Puberty, Hygiene, Emotions,  
Physical, Genitalia,  
Reproductive Organs,  
Periods, Wet Dreams,  
Menstruation, Hygiene

## Resources

Flipcharts  
Worksheets on  
system, Baseline  
Assessments,  
Resources on  
system, Menstrual  
products.