

### Scheme of Work

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

**PSHE**  
**Programme of Study**  
**Core Theme 1:**  
**Health and Wellbeing**

- how their body will, and emotions may, change as they approach and move through puberty
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them
- about human reproduction

**Science Attainment**  
**Targets**

- describe the changes as humans develop to old age

**Learning Intentions**  
**and Learning Outcomes**

**Learning Intention**  
 To explore the human lifecycle  
**Learning Outcomes**  
 Describe the main stages of the human lifecycle  
 Describe the body changes that happen when a child grows up

**Learning Intention**  
 To identify some basic facts about puberty  
**Learning Outcomes**  
 Discuss male and female body parts using agreed words  
 Know some of the changes which happen to the body during puberty

**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 so that they are able to reproduce

**Lesson Title**

Lesson 1  
[Growing and Changing](#)

Lesson 2  
[What is Puberty?](#)

Lesson 3  
[Puberty Changes and Reproduction](#)

**Resources**

[Lifecycle pictures](#)  
[Lifecycle word cards](#)  
[What has changed? worksheet](#)  
[Lifecycle Quiz slides](#)  
[Lifecycle Quiz answers](#)  
**Additional Activities**  
[Babies and Children worksheet](#)

[Body Part Bingo cards](#)  
[Bingo Flash cards](#)  
[Body Changes pictures](#)  
[Our Bodies worksheet](#)

Story bag items (see lesson plan)  
 Book: *Hair in Funny Places*, Babette Cole  
[Body Changes worksheet](#)

**Additional Activities**  
 Suggested reading:  
*Where Willy Went*, Nicholas Allan  
*Amazing You!* Gail Saltz  
[http://www.bbc.co.uk/science/humanbody/body\\_interactives/lifecycle/teenagers/](http://www.bbc.co.uk/science/humanbody/body_interactives/lifecycle/teenagers/)