



Year: 4

Subject: PSHE

Title:
Changing Me

What key knowledge do I need to have before this unit?

- Understand what puberty is
- Understand what changes boys and girls go through
 - Understand what is needed to make a baby

Key outcomes:

What I need to know by the end of this unit of work:

- 1) What genes are and what is meant by characteristics
- 2) All about having a baby
- 3) What changes people go through during puberty
- 4) Why changes happens and how we can accept it
- 5) Worries and concerns about the future.

Key knowledge:

Key Vocabulary and Definitions:

Know that personal characteristics are inherited from birth parents and this brought about by an ovum joining with a sperm.

Know that babies are made by a sperm joining with an ovum.

Know the names of the different internal and external body parts that are needed to make a baby.

Know how the female and male body change at puberty.

Know that personal hygiene is important during puberty and as an adult.

Know that change is a normal part of life and that some cannot be controlled and have to be accepted.

Know that change can bring about a range of different emotions.

Personal- things that are directly for that person.

Unique- one of kind, different

Characteristics- things that make a person themselves and different from others.

Conception- the process of a sperm fertilising an egg to create a zygote.

Menstruation- the normal monthly shedding of the uterine lining.

Periods- the monthly shedding of the uterine lining, resulting in bleeding from the vagina.

Sexual Intercourse- the physical act of having sex.

Fertilise- the process involving the fusion of male and female gametes (sperm and egg)

