

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

[Lifecycle whiteboard summary](#)
[Body Parts Bingo cards](#)
[Bingo Flash cards](#)
[Body Changes pictures](#)
[Lifecycle Quiz slides](#)
[Lifecycle Quiz answers](#)
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](#)
[Puberty Changes Teacher Guide](#)

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 3

[Healthy Relationships](#)

[Healthy Friendships cards](#)
[Relationship pictures](#)

Online Respect and Self-Respect video
<https://www.youtube.com/watch?v=mZtXwLzllpk>