

## Lesson 1 Puberty and Reproduction

### Learning Intention

To consider puberty and reproduction

### Learning Outcomes

Describe how and why the body changes during puberty in preparation for reproduction

Talk about puberty and reproduction with confidence

### Resources

[Puberty Changes Teacher Guide](#)

[Puberty Body Part cards](#)

[Reproduction question sheet](#)

[Reproduction answer cards](#)

[Reproduction whiteboard summary](#)

## Activities

### 1. Group Agreement

In a circle, ask the class questions to help establish some rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, no put downs or personal comments/questions); confidentiality (explaining how you would need to share any safeguarding concerns).

### 2. Learning Outcomes

Explain that this lesson is about reproduction and that it will re-cap on puberty. Refer to the learning outcomes on the whiteboard. Discuss what they mean and how the class will know if they have achieved them.

### 3. Pair and Share Puberty Changes

If puberty has been taught previously, re-cap with the class. For reference see the [Puberty Changes Teacher Guide](#). However if puberty is a new topic, consider using activities from Year 5, Lesson 1 first.

In pairs, ask the class to discuss the changes that happen during puberty. Using a go-round ask each pair to complete the following sentence: *One change that happens in puberty is ...* Ensure that the main changes have been covered.

### 4. Body Parts Game

Sitting in a circle explain that the purpose of this exercise is to find out what the group knows about body parts, especially the parts relating to puberty and reproduction. Explain that you are going to show them the [Puberty Body Part cards](#), one by one. The class should follow one of the following instructions depending on who they think has each body part.

- If it is a Female body part – Hands on head
- Male body part – Hands on shoulders
- Everyone – Cross arms
- Unsure – Hands on laps

Practice this a few times by calling out Male, Female, Everyone and Unsure. Reassure the class that it is OK to go to with “unsure” and not to worry about what other people think. Show them the first word and ask them to decide if they think it is male, female or everyone. Briefly discuss what they know about the body part before showing the matching picture and clarifying any misunderstandings. Go through the remaining cards on the whiteboard one by one, using both words and pictures.

## Lesson 1- continued

Page 2

## Puberty and Reproduction

**5. Reproduction Questions and Answers**

In pairs, hand out the [Reproduction question sheet](#) and ask the children to discuss the answers to the questions. Then hand out the [answer cards](#) to the pairs and ask them to find the correct answer for each question and place it on the sheet.

**6. Reproduction Whiteboard Summary**

Ask the children to cover up their own answers. Use the [Reproduction whiteboard summary](#) to test their memory and reveal the correct answers. Discuss each answer using the [Body Parts pictures](#) for clarification where necessary.

**7. Closing Round/Review**

In pairs, complete the sentence: *One way the body changes in puberty in preparation for reproduction is ...*  
Finish with a quick go-round using their ideas to review the learning from the lesson.

## Additional Activities

**Puberty Problem Page**

Display the [Year 6 Puberty Problem Page](#) on the whiteboard and choose one of the problems to read out. Ask the whole class what advice they would give to this person. Divide the class into small groups and give out a problem to each group, using the [Year 6 Puberty Problem Page cut-outs](#). Ask each group to write a reply to their problem. Feedback and discuss their answers. For help with this activity read the [Year 6 Puberty Problem Page Teacher Guide](#). This activity could also be used as an assessment / evaluation activity.

**Menstrual Cycle Animation**

[http://kidshealth.org/teen/sexual\\_health/girls/menstruation.html?tracking=T\\_RelatedArticle](http://kidshealth.org/teen/sexual_health/girls/menstruation.html?tracking=T_RelatedArticle)

See Year 5 Lesson 2 for help with using this animation.