



Year 4

Changes

Lesson Sequence

To explore the human lifecycle (changes and difference at each stage; baby, toddler, child, teenager, adult).

We are learning about the concept of personal hygiene and its importance.

Introducing puberty

We are learning about emotional changes during puberty .

Teachers Guidance

Before the lesson: Print card sort, either precut or allow pairs to cut them out and sort.

Lesson Instructions:

- Starter: How have you changed since birth? Are these changes the same for boys and girls? Up to this point very similar but as they get older will notice more difference.
- Life Cycle intro- be clear on adolescence rather than teenager and explain difference. Adolescence is like a bridge between childhood and adulthood
- Discuss things that we can and can't do during different stages, ask why this is the case? i.e too hard, body not ready, might scare them, wouldn't understand
- This is important, if questions come up which are not appropriate go back to this reminder about life cycle and explain they will learn this when they reach the next stage.
- Video on life cycle- stop at 1:05 due to language used after this point.
- Explain how both bodies and brain are changing, link to last lesson on brains.
- Life cycle card sort activity. Print and sort. Bold and italics fonts used to help differentiate and ensure there is 1 piece per column as clue.
- Plenary- review against last weeks lesson content and allow children to write down questions for next week.

Links to prior learning:

Links to life cycles as covered in science. Intro to RSHE and body changes.

Opportunities for assessment:

Keep questions about next weeks lesson on post it notes then ask children to answer them next week to consolidate learning.

PSHE

Learning Question for this Term: What changes happen as I grow up?

Learning questions for the lesson:

Lesson 1:

What is the life cycle?

How do we change?

Personal Social Health Economic Education: OUR PSHE REMINDERS



BRITISH VALUES



Online Safety

Follow the SMART rules to stay safe online

S

Stay **safe** online by not sharing personal information



M

Do not **meet** anyone who you have only made friends with online



A

Do not **accept** messages or friend requests from strangers



R

Not everything online is **reliable**. Some people online are strangers and may try and trick us



T

Tell an adult you trust if anything happens online that you don't like



Objectives, Key Words and British Values

Learning question for the term: What changes happen as I grow up?

Learning questions for the lesson:

What is the life cycle?
How do we change?

Key Words and Definitions:

Life Cycle
Adolescence
Brain
Body

Link to British Values:

Mutual Respect
Individual Liberty

Starter

Q1. How have you changed since you were a baby?

Q2. What other changes might happen to you before you become an adult?

Q3. Are all the changes that happen to us the same for boys and girls?

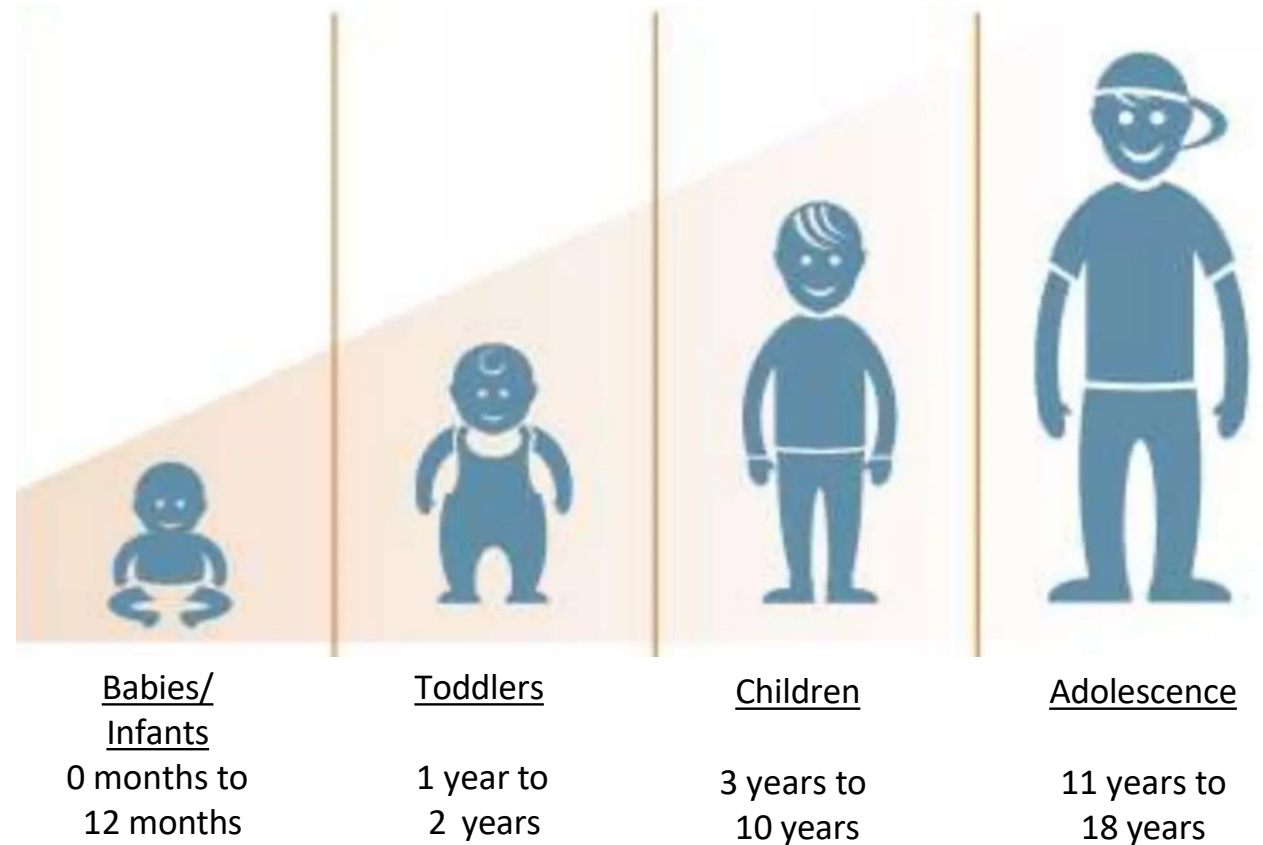


The life cycle

As we grow up, we move through the life cycle.

Sometimes we hear the words Teenager or Pre-teen after childhood but we are going to talk about **adolescence** as it covers from 11 to 18 rather than a teenager which is 13 to 19

What comes after adolescence?



The life cycle



After adolescence is adulthood and then older age/ elderly living.

Adolescence is an important time as it is the bridge between childhood and adulthood.

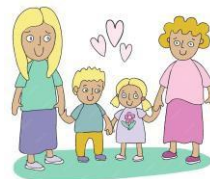
Stages of the life cycle



As we go through the life cycle, we are able to understand, learn and do more things. Some things we cannot learn about or do before adolescence or adulthood because we aren't ready to understand or be able to do them physically yet.

What are some of the things that children can do that babies can't?

What are some things adults can do that children and adolescence can't?



Let's learn a little more about the life cycle...

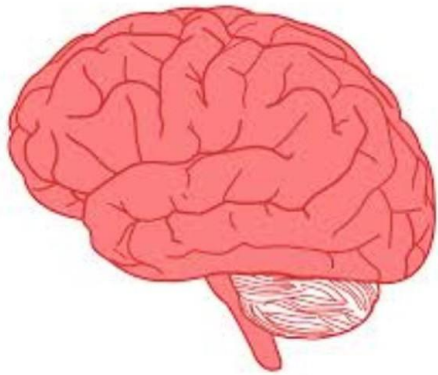
Stop at 1:05



Our body and brains are changing...

Adolescence is one of the busiest times of growth and change.

Our physical body has lots to change as it prepares for adulthood.



Our emotions and moods are changing

Our relationships with others change as we want to be more independent.

Our brain then carries on growing and isn't fully developed until 25 years old!



Life cycle card sort

In your groups can you sort the cards and match the descriptions to the stage of the life cycle and the ages.

Baby and Toddler	Bones are still developing and little muscle	Body slows down and need more rest	0-2	<i>Changes begin happening to your body, mood and relationships</i>
Older age/ elderly	<i>Stop working (Retire from job)</i>	11-17	Adulthood	Fully developed body and strength
Body is changing quickly as it gets bigger and stronger before adulthood	3-10	Childhood	Body is growing slowly getting taller and stronger	<i>Learning to talk, walk and do simple things</i>
Adolescence	<i>Starts primary schools and brain is busy growing</i>	<i>Able to make decisions, get married and have a family</i>	18-64	65+

Check your answers...

Baby and Toddler	Childhood	Adolescence	Adulthood	Older age/ Elderly
Bones are still developing and little muscle	Body is growing slowly getting taller and stronger	Body is changing quickly as it gets bigger and stronger before adulthood	Fully developed body and strength	Body slows down and need more rest
<i>Learning to talk, walk and do simple things</i>	<i>Starts primary schools and brain is busy growing</i>	<i>Changes begin happening to your body, mood, and relationships</i>	<i>Able to make decisions, get married and have a family</i>	<i>Stop working (Retire from job)</i>
0-2	3-10	11-18	19-64	65+

Plenary

1. How does what you learnt last week about your elastic brain link to this week's lesson?



Next week, we will think about physical changes during adolescence.

2. What changes might we be discussing?
3. What questions do you have that you would like answered next week?

PSHE

Learning Question for this Term: What changes happen as I grow up?

Learning questions for the lesson:

Lesson 2: Personal Hygiene

Personal Social Health Economic Education: OUR PSHE REMINDERS



BRITISH VALUES



Online Safety

Follow the SMART rules to stay safe online

- S** Stay **safe** online by not sharing personal information 
- M** Do not **meet** anyone who you have only made friends with online 
- A** Do not **accept** messages or friend requests from strangers 
- R** Not everything online is **reliable**. Some people online are strangers and may try and trick us 
- T** **Tell** an adult you trust if anything happens online that you dont like 

Objectives, Key Words and British Values

Learning question for the term: What changes happen as I grow up?

Learning questions for the lesson:

What is Hygiene?

Why is it important?

Key Words and Definitions:

Life Cycle
Adolescence
Brain
Body
Sweat
Hygiene
clean

Link to British Values:

Mutual Respect
Individual Liberty

Looking after bodies

Bailey's parents say: *"Now that you are getting older Bailey, there are some things you must do to look after your body and keep it clean. It is really important, especially when you start puberty."*

"Why?" asks Bailey.

In pairs, write a sentence from the point of view of Bailey's parents, explaining the importance of keeping clean, and what Bailey should do to look after their body.



Body outlines

In your groups, draw an outline of a young person.

Label all the different body parts that they will need to pay special attention to in relation to personal hygiene.



Body outlines

They will need to pay special attention to....

feet

armpits

hair

Female genitals(vagina)

Male genitals (penis
and testicles)

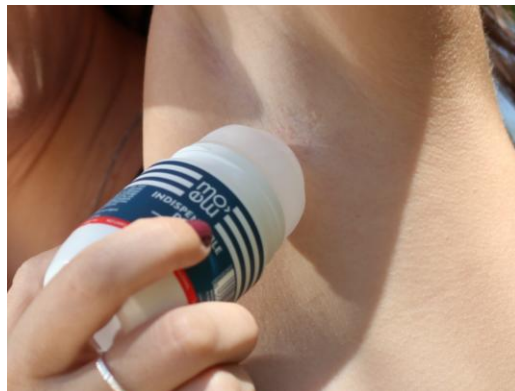
Next to the labels, write down:

- **why** they need to pay attention to the area
- **how** they should keep the area clean and **how often**

Personal hygiene items

What is the product?

What is it used for?



Shopping list

What products might Bailey want to buy to prepare for puberty?

In pairs, write a shopping list for Bailey for items to include in their wash bag.



Signposting support

If you have any questions or worries about personal hygiene during puberty, it is important to speak to a trusted adult – a parent/carer or teacher at school.

www.childline.org.uk can provide support too (phone 0800 1111 to talk to someone).



PSHE

Learning Question for this Term: What changes happen as I grow up?

Learning questions for the lesson:

Lesson 3:
How do emotions change
as we grow?

Personal Social Health Economic Education: OUR PSHE REMINDERS



BRITISH VALUES



Online Safety

Follow the SMART rules to stay safe online

S

Stay **safe** online by not sharing personal information



M

Do not **meet** anyone who you have only made friends with online



A

Do not **accept** messages or friend requests from strangers



R

Not everything online is **reliable**. Some people online are strangers and may try and trick us



T

Tell an adult you trust if anything happens online that you don't like



Objectives, Key Words and British Values

Learning question for the term: What changes happen as I grow up?

Learning questions for the lesson:

What is the life cycle?
How do we change?

Key Words and Definitions:

Life Cycle
Adolescence
Brain
Body

Link to British Values:

Mutual Respect
Individual Liberty

Feelings

I used to be a really happy person, but now I sometimes feel really angry or fed up about things. Lately, I've been feeling really up and down. Is this normal?

Taz, age 12

- What does Taz mean by feeling 'up and down'?
- What might be causing Taz to feel like this?
- What could Taz do that might help?

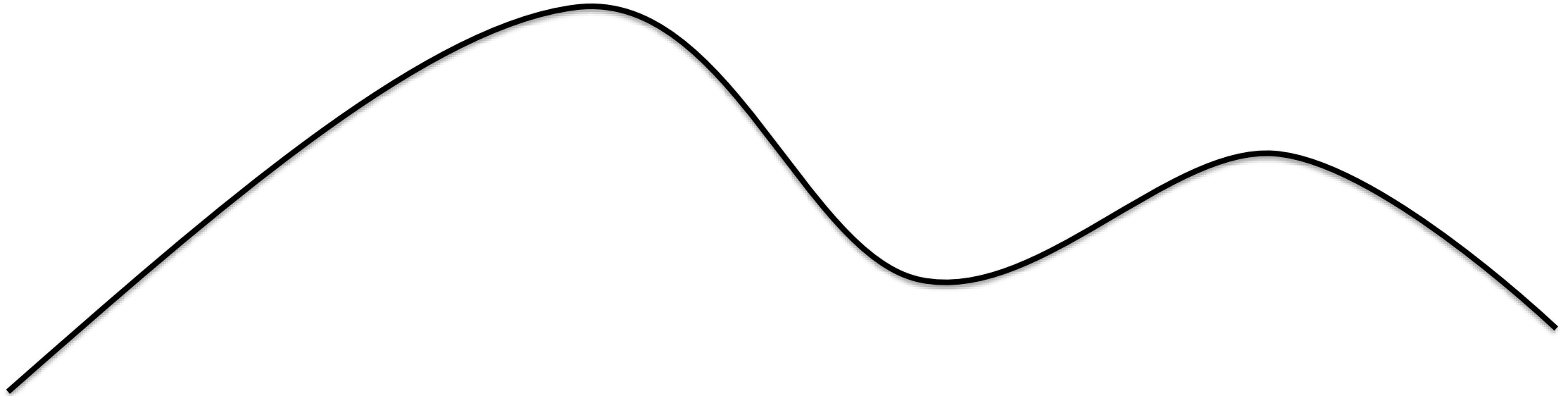
Storyboard: Taz's day



What emotional changes do Taz and Rani experience?

What is causing the changes in Taz and Rani?

Feelings rollercoaster

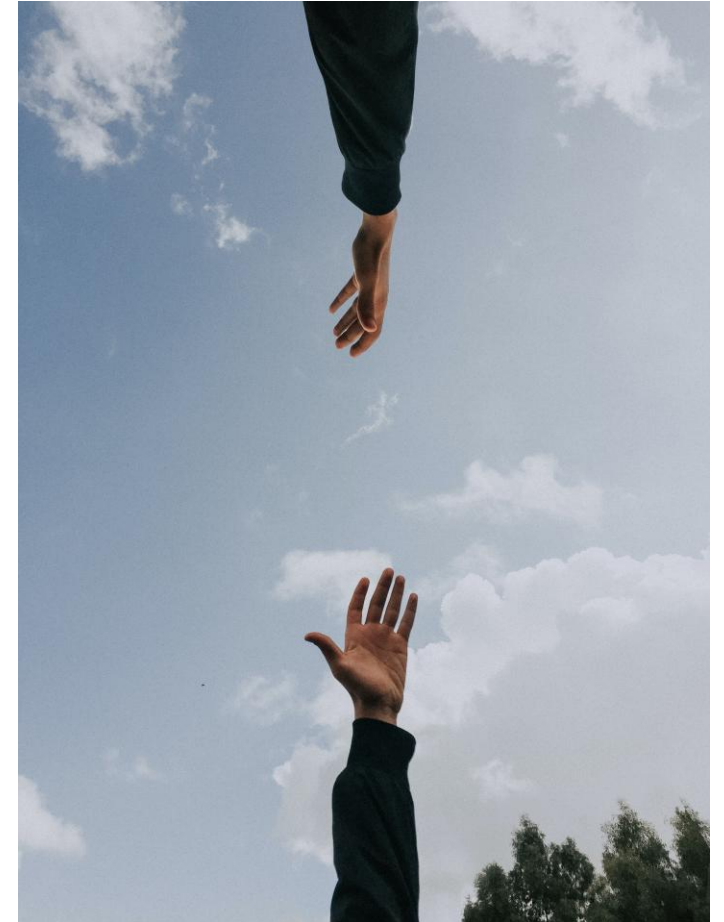


Add your post-it notes to the wavy line either high up on top of a wave, low down at the bottom, or halfway between – depending on whether the feeling would make someone feel ‘up’ or ‘down’.

Corners of support

If someone needs help with their feelings, where could they get help and support?

Now, listen to the sentence and move to the label that you think would best support the young person.



Signposting support

If you have any questions or worries about emotional changes, or any other topic covered in the lessons about puberty, it is important to speak to a trusted adult – a parent/carer or teacher at school.

www.childline.org.uk can provide support too (phone 0800 1111 to talk to someone).

