

Lesson number and title	Strand	Objectives	Overview
1. What is puberty?	Health education	To know the key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes.	Pupils explore a range of products associated with key changes in puberty (deodorant, sanitary towels, etc.). They watch the videos from <i>Snap Science</i> , “How do girls become women?” and “How do boys become men?”, before annotating outlines of a female and male body with the changes that happen to each sex during puberty.
2. Changes in emotions	Health education	To know the key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes. To know about personal hygiene and germs, including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	Pupils discuss the changes in hormones and emotions that they may feel during puberty. They play the ‘emotions musical chairs’ game and look at a range of scenarios on which they offer ‘agony aunt/uncle’ advice. They can then make up their own scenarios for others to advise on. Pupils discuss the importance of keeping clean and identify products or ways in which they can keep themselves clean. They respond to the scenarios, feeding back to the class about how they could handle them.
3. Body parts	Health education Relationships education	To know the key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes. To know that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Pupils identify female and male body parts. They use scientific language for each body part and understand the role these parts play in reproduction and other body systems. They match the names of body parts to their functions.
4. The menstrual cycle	Health education	To know the key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes. To know about menstrual wellbeing, including the key facts about the menstrual cycle.	Pupils will begin by writing any anonymous questions they may have on sticky notes, then reviewing each stage of the menstrual cycle presentation. They will have an opportunity to look at a range of sanitary protection products and explore how they work. They will explore the idea of menstrual wellbeing and how to take steps to ensure that they are signposted to advice or people who can help if needed. They will then recap their questions to check that they have been answered.

Lesson number and title	Strand	Objectives	Overview
5. What happens to boys?	Health education	To know the key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes.	Pupils will begin by writing anonymous questions on sticky notes. They will then discuss in more detail each of the changes that happen to boys during puberty and label each of these changes on the resource sheet. This will cover voice changes, wet dreams and erections, etc. They will then recap their questions to check that they have been answered.