

### 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>