



*In the Light of Jesus
we Learn to Shine*

Relationships, Sex and Health Education – Year 4

Growing Up

Theme	Learning Intention	Learning Outcome	Vocabulary	Subject Links	Thoughts for Parents
<p>Growing and Changing; Hygiene</p>	<p>To explore the human life cycle.</p>	<p>Describe the main stages of the human life cycle including the body changes that happen when a child grows up.</p>	<p>life cycle, reproduction, physical, womb, emotional, feelings</p>	<p>PSHE: Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>Science: Animals including humans</p> <p>NORES Journey in Love: To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.</p>	<p>A way to introduce life cycles could be to discuss animal reproduction.</p> <p>Share family photographs and share the changes that they have gone through as they have grown.</p>

<p>What is puberty?</p>	<p>To identify the basic facts about puberty.</p>	<p>Discuss male and female body parts using agreed words.</p> <p>Know some of the changes which happen to the body during puberty.</p>	<p>puberty, breasts, vagina, penis, sperm, testicles, womb, egg, pubic hair</p>	<p>PSHE: Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>NORES Journey in Love: To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.</p>	<p>Talk to the children about how puberty is preparing them, both physically and emotionally, for later life as an adult.</p> <p>Discuss how boys and girls share some very similar changes but also go through changes that are unique to their gender.</p>
<p>Puberty changes and reproduction</p>	<p>To explore how puberty is linked to reproduction.</p>	<p>Know about the physical and emotional changes that happen in puberty.</p> <p>Understand that children change into adults so that they are able to reproduce.</p>	<p>puberty, breasts, vagina, penis, sperm, testicles, womb, egg, pubic hair</p>	<p>PSHE: Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>NORES Journey in Love: To make links and connections to show</p>	<p>Be confident using the correct terminology when discussing body parts with the children and not substitute them as these can often trivialise or demean what you are discussing.</p> <p>Talk to the children about the changes they</p>

				<p>that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.</p>	<p>will soon be going through (these may have already begun). Ask the children do they know what these changes are? Explain that they are perfectly natural and talk about the changes you went through yourself.</p> <p>Encourage the children to ask you questions whenever they feel the need.</p>
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