** Year 4 – PSHE KCV – Changing Me**

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| ***Words to know and spell (Tier 2 Vocabulary)*** | | |
| Control  Mature  Appearance  Task  Male/boy | Anxious  Changes  Care  Respect  Grow | Penis/Vagina  Love  Testicles  Female/Girl  Baby/Toddler |
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| ***Words to understand and spell (Tier 3 Vocabulary)*** | |
| Personal Characteristics Unique  Nurture  Fertilise. Reproduction. Ovaries Menstruation  Periods Experiences Pubic Hair Acceptance. | Belonging to or affecting a particular person.  A feature of quality belonging to a certain person.  Being the only one of its kind, unlike anything else.  Care for/protect someone/something while growing.  Create a new individual – impregnated  The production of offspring by a sexual process  Female organ (pair) where eggs are produced  Process of women discharging blood (lining of the uterus) monthly.  Known as a ‘period’ each time  An event or occurrence which leaves an impression.  Hair growing on the body in private parts on reaching puberty.  Willing to tolerate, receiving of something offered |

***Concept check questions. Test yourself:***

Can you remember where does the egg and sperm come from?

What is menstruation?

What changes take place during puberty?

How can you cope when things change that are out of your control?

***SMSC Links:***

Social – Self-awareness and skills to manage physical and emotional changes.

Moral – Applying coping strategies to change within my own life.

Spiritual – Reflect and appreciate that I am a truly unique human being.

Cultural – Understand and accept the bodies’ changes and how unique every person is

***Key skills to learn:***

* Understand my personal characteristics have come from my birth parents; I am made from the joining of their egg and sperm.
* Correctly label the internal and external parts of male and female bodies that are necessary for making a baby.
* Strategies to help me cope with physical and emotional changes experienced during puberty.
* Describe how a girl’s body changes in order for her to be able to have babies when she is an adult; menstruation is a natural part of this
* Express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.

**Year 4 – PSHE – Summer 2– Heyford Park School**