

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

Statutory Guidance

Health Education

Mental wellbeing
(6c, 6d,6f,)
Changing adolescent body
(8a,8b)
Menstruation (9a)

Learning Intentions and Learning Outcomes

Learning Intention

To explore the emotional and physical changes occurring in puberty

Learning Outcomes

Explain the main physical and emotional changes that happen during puberty
Ask questions about puberty with confidence

Lesson Title

Lesson 1

[Talking About Puberty](#)

Resources

[Puberty Changes Teacher Guide](#)
[Puberty Changes worksheet](#)
[Reproductive System slides](#)
[Pupil Questions template](#)

Health Education

Changing adolescent body
(8a,8b)
Menstruation (9a)

Learning Intention

To understand male and female puberty changes in more detail

Learning Outcomes

Understand how puberty affects the reproductive organs
Describe what happens during menstruation and sperm production

Lesson 2

[The Reproduction System](#)

[Reproductive System slides](#)

[Puberty Changes Teacher Guide](#)

Menstrual cycle animation

[Male Changes Powerpoint](#)

[Puberty Card Game](#)

[Puberty Card Game answer sheet](#)

[Puberty Card Game whiteboard summary](#)

Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs)

Selection of menstrual product (tampons, pads, liners, re-usables)

Pupil questions from Lesson 1

Additional Activities

[What is the Menstrual Cycle? cards](#)

[What is the Menstrual Cycle? whiteboard summary](#)

[Menstruation Card Game](#)

[Menstruation Card Game whiteboard summary](#)

Health Education

Mental wellbeing
(6a,6b,6c, 6d,6e,6f,)
Changing adolescent body
(8a,8b)
Menstruation (9a)

Learning Intention

To explore the impact of puberty on the body and the importance of physical hygiene

To explore ways to get support during puberty

Learning Outcomes

Explain how to keep clean during puberty
Explain how emotions/relationships change during puberty
Know how to get help and support during puberty

Lesson 3

[Puberty Help and Support](#)

Kim's Game items and a cloth to cover them (see lesson plan)

[Kim's Game Teacher Guide](#)

[Year 5 Puberty Problem Page](#)

[Year 5 Puberty Problem Page cut-outs](#)

[Year 5 Problem Page Teacher Guide](#)

Pupil questions from Lesson 1

Additional Activities

[Puberty Bingo cards](#)