ISLINGTON

Relationship and Health Education: Growing up and changing

YEAR 4



What resources does the school use?

•We use the You, Me PSHE scheme of work from Islington.



Relationships and health education: Growing up and changing

Pupils learn:

- about the way we grow and change throughout the human lifecycle
- about the physical changes associated with puberty
- about menstruation and wet dreams
- about the impact of puberty in physical hygiene and strategies for managing this
- how puberty affects emotions and behaviour and strategies for dealing with this
- to answer each other's questions about puberty with confidence, to seek support and advice when they need it

Lesson 1

Relationship & Health Education- Compulsory

Pupils learn about the way we grow and change throughout the human lifecycle

Pupils

- can identify changes throughout the human life cycle
- understand change is on-going
- understand change is individual



Lesson 2

Relationship & Health Education- Compulsory

Pupils learn about the physical changes associated with puberty

Pupils

- are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults
- identify physical changes associated with puberty
- understand that everyone's experience of puberty is different and that it begins and ends at different times



Lesson 3

Relationship & Health Education- Compulsory

Pupils learn about menstruation and wet dreams

Pupils

- can describe menstruation and wet dreams
- can explain effective methods for managing menstruation and wet dreams
- understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams

Lesson 4

Relationship & Health Education- Compulsory

Pupils learn about the impact of puberty on physical hygiene and strategies for managing this

Pupils

- can explain how changes at puberty affect body hygiene
- can describe how to care for their bodies during puberty
- can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming



Lesson 5

Relationship & Health Education- Compulsory

Pupils learn how puberty affects emotions and behaviour and strategies for dealing with this

Pupils

- are able to describe how feelings and behaviour change during puberty
- can devise strategies for managing these changes
- understand how changes during puberty can affect relationships with other people



Lesson 6

Relationship & Health Education- Compulsory

Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it

Pupils

- can identify sources of information, support and advice for children and young people
- can use appropriate language to discuss puberty and growing up with confidence
- can answer their own questions about puberty and growing up



Thank you

