



What should I already know?

- By the time pupils reach year four, they should have a basic understanding of how humans grow and change physically, emotionally and socially.
- They should also understand the importance personal hygiene and know to wash and clean regularly and maintain healthy habits, such as a balanced diet, exercise and plenty of sleep.

PSHE

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

Technical vocabulary

Puberty

The time when your body changes from being a child to being an adult, like growing taller and developing new body parts.

Hormones

Special chemicals in your body that help you grow and change. They can make you feel different emotions and cause physical changes during puberty.

Physical development

How your body grows and changes, like getting taller, developing muscles, and experiencing changes in your voice and body shape.

Adolescence

The stage of life when you're not a child anymore but not yet an adult. It's a time of big changes, both physically and emotionally.

Personal hygiene

Taking care of your body by keeping it clean, like brushing your teeth, washing your hands and taking showers regularly

Understand Puberty and How Bodies Change During Puberty

- Identify the physical changes that occur during puberty, such as growth spurts, changes in body shape, and the development of secondary sexual characteristics.

Understand how puberty can affect emotions and feelings

- Explore the hormonal changes that occur during puberty and how they can influence mood swings, emotional sensitivity and fluctuations in energy levels.

Understand How Personal Hygiene Routines Change During Puberty

- Explore the physical changes that occur during puberty, such as increased oil production, body odor and acne, and discuss the importance of maintaining good personal hygiene practices to address these changes.

Understand what a crush is.

- Define the concept of a crush as an intense, temporary infatuation or attraction toward another person, often characterised by admiration, butterflies in the stomach and a desire for closeness or attention.

Key questions

- **What physical changes occur during growth and development, and how do they impact our lives?**
- **How do emotions and relationships evolve as we grow and change?**
- **What strategies can we employ to support healthy growth and development?**