

MODULE: Changes at Puberty		By the end of this module pupils should be able to: describe how their body and feelings will change as they approach and move through puberty; know when and understand why puberty takes place; and recognise when and how to ask for help and advice.
Block	Learning Objectives	Activity Ideas and Resources
1	Assessment for Learning – what do pupils already know about the topics covered in this module?	Circle time go-round ‘One change that happens as a child grows up is...’. Puberty Draw and Write. Puberty Mindmap. Anonymous Questions box.
2	I know when puberty is likely to happen. I can explain the main emotional and physical changes that happen during puberty.	Q&A on changes which happen at puberty (male, female, both); Body Changes Outline (use stickers to mark where changes happen on large male and female outlines on sugar paper): Teaching SRE with Confidence Yr 5, Lesson 1: http://www.cwpresources.co.uk DVD: Living and Growing, Unit 2, Programme 4, Changes: channel4learning.com
3	I know why puberty happens. I can explain what happens during menstruation and a wet dream and give advice on how to manage them when they happen.	Label pictures of adult male & female bodies including the private parts. Puberty True or False card game: CWP Teaching SRE with Confidence Yr 5, Lesson 2. Use website animation of menstrual cycle as the basis for discussion: http://www.kidshealth.org/teen/your_body/body_basics/female_repro.html
4	I know that young people can experience puberty differently and at different times. I can describe some of the different emotions young people can have at puberty and how they might manage them.	Read excerpts from a book about puberty written for young people. Use case studies to demonstrate how young people can experience puberty in similar and different ways, and identify strategies for managing these feelings. Books: Everything You Ever Wanted to Ask about Willies and Other Boy’s Bits, Kreitman, Simpson & Jones; Everything You Ever Wanted to Ask about Periods, Kreitman, Finlay & Jones; The Secret Diary of Adrian Mole, Townsend.
5	I know how to stay clean during puberty. I know how to get help and support during puberty.	Kim’s Game – use a bag of objects associated with puberty and hygiene (eg deodorant, shaving foam, bra, spot cream etc.) as the basis for discussion; Problem Pages: CWP Teaching SRE with Confidence Yr 5 Lesson 3.
6	Assessment of Learning – what did pupils learn in this module?	Circle time go-round ‘One change that happens during puberty is...’. Concept Cartoons or Puberty Mindmap – add new learning in a different colour. Review Anonymous Questions box.
Links	Previous Learning: Social Year 1, 2, 3 and 4, Emotional Year 1, 2, 3 and 4, Physical Year 1, 2, 3 and 4. Other National Curriculum Areas: Science (Living things and their habitats), (Animals, including humans), Emotional Year 5.	