

aims

To consider puberty and reproduction

learning outcomes

- Describe how and why the body changes during puberty in preparation for reproduction
- Talk about puberty and reproduction with confidence

resources

- [Body Part cards](#)
- [Reproduction Question Sheet](#)
- [Reproduction Answer Cards](#)
- [Whiteboard summary](#)

activities

1. **Ground Rules** In a circle ask the class questions to help establish some rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, put downs or personal comments/questions). 10 mins
2. **Introduction** Explain that the lesson will be about reproduction and will recap on puberty.
3. **Learning Outcomes** Refer to the learning outcomes on the whiteboard. Discuss what they mean and how will the class know if they have achieved them?
4. **Pair and Share Puberty Changes** In pairs ask the children to discuss the changes that happen in puberty. Using a go-round ask each child to complete the following sentence: "One change that happens during puberty is ...". Ensure that the main changes have been covered. 10 mins
5. **Body Parts Runaround** Find out what the group knows about body parts by labelling 4 corners in the room: male / female / both / unsure. Using the [Body Part cards](#), call out one body part and show the children the corresponding word card. Ask the children to show where they think that body part belongs by moving to the appropriate corner. E.g. Uterus belongs in the female corner. Elbows belong in both. Reassure the children that it is valuable to admit when you are unsure and praise children for using this corner. Ask the children why they have chosen their corner and discuss what they know about the body part. Return to the centre of the room and go onto the next word. 10 mins

Useful words include: pubic hair, nipples, elbows, penis, testicles, navel, vagina, clitoris, ovaries etc. After the game reinforce learning by showing the body part pictures and words on the whiteboard.
6. **Reproduction Questions and Answers** In pairs, hand out the [Reproduction question sheet](#) and ask the children to discuss the answers to the questions. Hand out the [answer cards](#) to the pairs and ask them to find the correct answer for each question and place it on the sheet. 10 mins

7. **Whiteboard Summary** Ask the children to cover up their own answers and use the [whiteboard summary](#) to test their memory and reveal the correct answers. Discuss each answer using the body part pictures for clarification where necessary. 15 mins
8. **Closing Round/Review** In pairs complete the sentence “One way the body changes in puberty in preparation for reproduction is ...”. Use a go-round using the sentences to review the learning from the lesson. 10 mins

additional activities

Puberty Problem Page

Divide the class into small groups and give them a [Puberty Problem Page](#). Ask each group to write a reply to one problem. Feedback and discuss their answers.

N.B. For help with this activity read the [Puberty Problem Page Teacher Guide](#)