

## aims

To identify some basic facts about puberty, reproduction and pregnancy

## learning outcomes

- Know that during puberty the body changes from a child into a young adult
- Understand why the body changes at puberty
- Identify some basic facts about pregnancy

## resources

- Drawings from previous lesson
- [Life cycle pictures](#)
- DVD: Living and Growing, Programme 2, Unit 1, *How did I get here?*
- [Our Bodies worksheet](#)

## activities

1. **Groundrules** In a circle, remind the class of the ground rules for these lessons.
2. **Define Puberty** Re-cap the work they did last lesson and introduce the learning outcomes for this lesson. To help with this process display drawings from last week to identify knowledge and correct misunderstandings. Check whether the class know what puberty is. Use the [lifecycle pictures](#) to explain that puberty is a special time when our bodies and our feelings change a great deal. Tell the children it can start as young as 8 and carries on during teenage years. Support this by showing the life cycle pictures and ask pupils to comment on the changes occurring between childhood and adolescence. 10 mins
3. **DVD *How Did I Get Here?*** Explain that they are going to watch a DVD about where babies come from and how we grow and change during our lives. Tell the children that there will be cartoon pictures of male and female bodies (remind them of the DVD *Differences*, that they may have seen in Year 2) and ask how they might feel about this. Explore any feelings of embarrassment or nervousness and decide with the children how they might manage these feelings. 20 mins
4. **Discussion of DVD** After the video ask the children to talk in pairs about anything that surprised them and what new things they learnt. As a whole class ask questions to explore what the video was about and what they learnt from it. Check that children can identify the changes described in the video that happen to the body during puberty (breasts, hips, muscles, sperm, egg, pubic hair) and that they understand that puberty happens so that adults can have babies in the future if they want to. Explore with the children what they learnt about pregnancy and babies from the video: Where do babies grow? What can they do when they are inside the female? How do they eat? How long is pregnancy? 10 mins
5. **Having babies** Ask the children if they know anyone who has had a baby. Ask if giving birth to a baby is the only way to create a family. Explore adoption and fostering and the range of special people who look after and care for a baby including grandparents, foster carers, aunts, friends of the family, siblings. What new roles do these parents have to perform? 5 mins

6. **Parts of the body** Individually complete the worksheet [Our Bodies](#). Feedback answers with the whole class, correcting any misunderstandings. 10 mins
7. **Closing Round** Review learning with a closing round “One way the body changes during puberty is ...”

### additional activities

#### Reading about different families

Suggested reading:

*Tell Me Again About The Night I Was Born*, Jamie Lee Curtis.

*Happy Families*, Allan Ahlberg

*The Family Book*, Todd Parr

*Who's in a Family*, Robert Skutch