

Year 4 – PSHE KCV – Changing Me



Key skills to learn:

- Understand my personal characteristics have come from my birth parents; I am made from the joining of their egg and sperm.
- Correctly label the internal and external parts of male and female bodies that are necessary for making a baby.
- Strategies to help me cope with physical and emotional changes experienced during puberty.
- Describe how a girl’s body changes in order for her to be able to have babies when she is an adult; menstruation is a natural part of this
- Express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.

SMSC Links:

Social – Self-awareness and skills to manage physical and emotional changes.

Moral – Applying coping strategies to change within my own life.

Spiritual – Reflect and appreciate that I am a truly unique human being.

Cultural – Understand and accept the bodies’ changes and how unique every person is

Words to know and spell (Tier 2 Vocabulary)

Control	Anxious	Penis/Vagina
Mature	Changes	Love
Appearance	Care	Testicles
Task	Respect	Female/Girl
Male/boy	Grow	Baby/Toddler

Words to understand and spell (Tier 3 Vocabulary)

Personal	Belonging to or affecting a particular person.	
Characteristics	A feature of quality belonging to a certain person.	
Unique	Being the only one of its kind, unlike anything else.	
Nurture	Care for/protect someone/something while growing.	
Fertilise.	Create a new individual – impregnated	
Reproduction.	The production of offspring by a sexual process	
Ovaries	Female organ (pair) where eggs are produced	
Menstruation	Process of women discharging blood (lining of the uterus) monthly.	
Periods	Known as a ‘period’ each time	
Experiences	An event or occurrence which leaves an impression.	
Pubic Hair	Hair growing on the body in private parts on reaching puberty.	
Acceptance.	Willing to tolerate, receiving of something offered	

Concept check questions. Test yourself:

- Can you remember where does the egg and sperm come from?
- What is menstruation?
- What changes take place during puberty?
- How can you cope when things change that are out of your control?