

# Year 4 Changing Me

Summer 2

Key vocabulary	
Personal	Unique
Characteristics	Parents
Sperm	Egg/ovum
Penis	Testicles
Vagina/vulva	Ovaries
Womb/Uterus	Making love
Fertilise	Contraception
Puberty	Menstruation
Periods	Circle
Range of emotions	Acceptance
Excited	Nervous
Anxious	Happy

Sequence of learning:
Understand that some of my personal characteristics have come from my birth parents and that this happens because 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
Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this
Know how the circle of change works and can apply it to changes I want to make in my life
Identify changes that have been and may continue to be outside of my control that I learnt to accept
Identify what I am looking forward to when I move to a new class

Key Skills of Knowledge and Understanding
I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.
I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen

mindful approach to PSHE



Circles of Change  
 Each child makes a Circle of Change model and then thinks of a change they would like to make in school during the next academic year.