

Y4 Summer 2

PSHE: Changing Me



Lesson	Objective	British/school values	Vocabulary	Core Knowledge	Coverage
1	To know that some of my personal characteristics have come from my birth parents	Within this puzzle: D, IL, MR, T	Personal Unique Characteristics	<ul style="list-style-type: none"> - Each tiny cell that make up our body contains 25,000-35,000 genes. - Our bodies have many trillions of cells. - Genes carry the information that give us our characteristics (traits). 	
2	To know what responsibilities there are in parenthood (Puzzle 2A)		Pregnant Carers	<ul style="list-style-type: none"> - Babies need care and nutrients to survive and grow. - These are given by the mother but can also be from other carers - Having a baby in the family can be worrying for some but also exciting - A baby grows in the Mum's belly <p>Do Not teach about how babies are made</p>	
3	To know how a girl's body changes		Puberty Menstruation Periods Fallopian Tube	<ul style="list-style-type: none"> - Puberty can be a worrying time for people. That is normal. It happens at different times for different people - Menstruation means a monthly event - This is a time in the month for women - Blood comes out of the woman's vagina because an egg has passed through the fallopian tube - Blood is made to give a baby nutrient (two tablespoons worth) 	
4	To know how the circle of change works		Seasons Change Control	<ul style="list-style-type: none"> - Changes happen in our lives both in our bodies and in our general lives - Change is ok and we should remember to talk to people about changes that cause us anxiety 	
5	To know that changes may be out of my control		Range of emotions - see emotions card resource Control	<ul style="list-style-type: none"> - We cannot always control changes that happen - It can be difficult to accept changes that are out of our control - Our planet changes naturally and so does our body. 	

			Change Acceptance		
6	To know what I am looking forward to in my new class		Looking forward Excited Worried Anxious	<ul style="list-style-type: none"> - Know what responsibilities are available for UKS2 children - Understand that UKS2 comes with more responsibility and that they are role models - It is ok to be anxious, we can talk to people about our worries 	