

To know that during puberty a body changes form a child to an adult and that this is part of the life cycle.  
 To develop the skill of recognising and understanding emotional changes as well as physical changes.  
 To become confident in awareness of life cycle change and know that conception and birth are features.  
 To begin to understand that each person will experience puberty differently and why the body changes in puberty.  
 To understand basic facts about pregnancy.

Term	Objectives	Plan	Resources
Summer	Life Cycles  To understand different life cycles and how people and animals change over time.	Children recap on different life styles. They consider what they might be doing at different ages. Children consider the changes the have experienced since being a baby and the changes that they will experience over the next couple of years. Children will revisit the names for different body parts.	Respect Yourself p.314
Summer	Keeping Safe, Knowing our bodies  To establish pupils knowledge and understanding of menstruation and clarify and myths or misconceptions to reassure and help prepare both boys and girls	Children will learn about puberty and will know that this starts at different ages for different people. They will learn about the physical and emotional changes that happen to males and females as they go through puberty.	SENSES DVD - clip - periods Respect yourself p,315/316/318/319/320