



Year 4

PSHE – Changing Me

Outcome: Circles of Change Complete a circle of change thinking about a change they would like to make in the next academic year.

Our School Rules	
Self-control	
Take responsibility for your actions	
Always follow instructions	
Respect	
Stay safe	
Learning	Pride
Success	

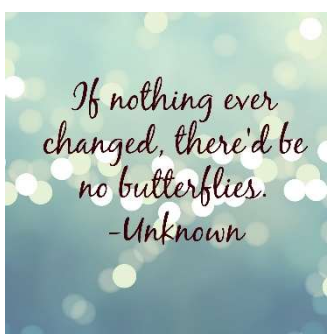
Prior skills

Prior skills from Year 3

T	Understand that in humans and animals lots of changes happen between conception and growing up and that usually it is the female who has the baby.
	Understand how babies grow and develop in the mother's uterus including what a baby needs to live and grow.
	Identify what I am looking forward to when I move to my next class.
	Start to recognise stereotypical ideas I might have about parenting and family roles.
R	Express how I feel about the changes happening to me and how I feel when my ideas are challenged
	Express how I might feel if I had a new baby in the family.
	Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.
	Identify how boys' and girls' bodies change on the outside and on the inside.

Ideas and inspiration

Changes



Vocabulary:

- personal
- unique
- making love
- having sex
- sexual intercourse
- fertilise
- conception
- puberty
- menstruation
- periods

Take responsibility for your actions

		Working Towards	Within	Expected	Above
T	To understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.				
	To know how the circle of change works and can apply it to changes I want to make in my life.				
	To identify changes that have been outside of my control and that I will learn to accept them.				
	To identify what I am looking forward to when I move to my next class.				

Respect

		Working Towards	Within	Expected	Above
R	To understand that some of my personal characteristics have come from my birth parents and this happen because I am made from the joining of their egg and sperm.				
	To describe how a girl's body changes in order for her to be able to have babies when she is an adult.				
	To have strategies to help me cope with the physical and emotional changes I will experience during puberty.				

Highlights: _____
