

# Growing and changing

## Innovation

### Prior Knowledge

Year 3: Every person will go through puberty in their life. People start puberty at different ages.

Year 2: Humans mostly have the same body parts but they can look different from person to person. Some of our body parts are private.

Year 1: As we grow we are able to acquire new skills that we didn't have when we were younger.

### Future Knowledge

Year 5: We may need to use different types of product during puberty. Our bodies feel different depending on how we feel e.g. tense when we are nervous.

Year 6: Some of the changes that we experience result in emotional responses.



### My Component Knowledge:

Lesson 1: I can describe some of the changes that happen to people during their lives.

Lesson 2: I understand how the onset of puberty can have emotional as well as physical impact.

Lesson 3: I understand and can explain why puberty happens.

Lesson 4: I understand that periods are a normal part of puberty for girls.

Lesson 5: I recognise how secrets and surprises can make people feel.

Lesson 6: I know the reasons why a person would want to be married, live together, or have a civil ceremony.

### My Composite Knowledge:

I know that everyone goes through changes in their lives and that these changes can affect people in different ways.

### My Powerful Knowledge:

I am aware that one change that everyone goes through is puberty and I know that there will be changes to my own body. I know that puberty can impact people's emotions and I have strategies to support me when I experience conflict with others, such as compromising with them.

### Key Vocabulary

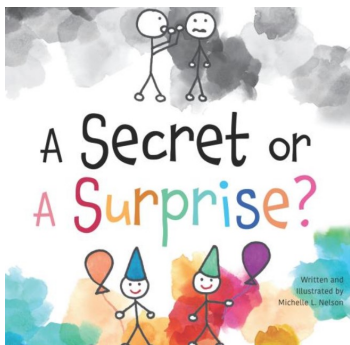
**Tier 1:** change, impact

**Tier 2:** compromise, conflict, puberty, hormones

**Tier 3:** internal, external

1. Angry
2. Upset
3. Jealous
4. Worried
5. Excited
6. Scared

Why do feelings change during puberty?



What are the similarities and differences of male and female bodies?

