

PSHE Knowledge Organiser



PSHE Strand/ Year Group

Year 4 – Changing Me

Overview

In this unit, bodily changes at puberty are revisited with some additional vocabulary, particularly around menstruation. Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products. Conception and sexual intercourse are introduced in simple terms so the children understand that a baby is formed by the joining of an ovum and sperm. They also learn that the ovum and sperm carry genetic information that carry personal characteristics. The unit ends by looking at the feelings associated with change and how to manage these.

Knowledge

- Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm.
- Know that babies are made by a sperm joining with an ovum,
- Know the names of the different internal and external body parts that are needed to make a baby.
- Know how the female and male body change at puberty.
- Know that personal hygiene is important during puberty and as an adult.
- Know that change is a normal part of life and that some cannot be controlled and have to be accepted.
- Know that change can bring about a range of different emotions.

Key Vocabulary

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| unique | having sex |
| characteristics | sexual intercourse |
| parents | fertilise |
| egg/ ovum | conception |
| penis | puberty |
| testicles | menstruation |
| vagina/vulva | periods |
| womb/uterus | change |
| ovaries | emotions |
| making love | acceptance |

Social and Emotional Skills

- Can appreciate their own uniqueness and that of others.
- Can express how they feel about having children when they are grown up.
- Can express any concerns they have about puberty.
- Can say who they can talk to about puberty if they are worried.
- Can apply the circle of change model to themselves to have strategies for managing change.
- Have strategies for managing the emotions relating to change.