

# What I Need to Know: Y4 RSHE – Growing and Changing

*We nurture the curiosity to learn, the courage to lead and the compassion to care.*

Brief summary of topic: Developing an understanding of 'Growing and Changing. Develop an understanding of some scientific terms for body parts. Be aware of some of the changes our bodies go through during puberty both physically and mentally..



## Create, Communicate & Evaluate

- Create a timeline to describe emotional changes through life (link to zones of regulation)



## Question, Reason, Discuss & Explain

- Explain the changes that happen to people during their lives.
- Understand and reason how physical change can have an emotional impact
- Name and describe positive and negative feelings
- Question and discuss how surprises and secrets make us feel.
- Recognise marriage is a commitment which should be entered into freely
- Understand any gender variation of marriage is acceptable



## Know & Do

- Know physical differences and similarities between males and female.

## Vocabulary I need to know...

learning line, practice, compromise, hormones, puberty, feelings, independence, conflict, vulva, vagina, ovaries, eggs, womb / uterus, clitoris, labia, breasts, penis, testicles, sperm, pubic hair, menstruation, wet dreams, secret, surprise, comfortable, uncomfortable, marriage, live together, civil partnership, forced marriage

## Opportunities to support English and maths

- Skim and scan texts to retrieve information or quotes quickly and accurately
- Summarise main ideas from more than one paragraph
- Make and justify inferences with appropriate evidence from the text
- Provide reasoned justifications for their views, quoting evidence from across a text

## Curriculum Links and Enrichment Activities

-