

Year 4 Summer 2

Puzzle: Changing Me



Puzzle Pieces

1. Unique Me
2. Outside Body Changes
3. Inside Body Changes
4. Circles of Change
5. Accepting Change
6. Looking Ahead

Vocabulary

Personal
Unique
Characteristics
Sperm
Egg/ Ovum
Penis
Testicles
Vulva
Womb/ Uterus
Ovaries
Puberty
Menstruation
Periods

Home Discussions

How are you similar and different to your parents? What physical characteristics and what personality traits have you inherited from them?

You may wish to talk about the specific changes relating to puberty. You could also talk about the wider range of changes that happen as you grow up, such as taking on more responsibilities or moving into year 5, and how these changes make them feel.

RHE & Science

In Piece 2, the children will learn about the changes that happen to girls' and boys' bodies during puberty. They will use the correct names for body parts, which are taught in previous year groups. Children may feel embarrassed and giggle during this learning and this helps to identify that we are discussing private body parts that we do not usually discuss. Cartoon style pictures are shown to illustrate these changes.

In Piece 3 the children learn how their bodies change internally during puberty.

Girls will be taught about menstruation (periods). This is taught at this time as some girls may begin their periods at this age.

Pieces 2 and 3 will be taught in single gender classes and pupils will learn only about their own gender.