

# YEAR 4: SCHEME OF WORK - GROWING UP WITH RESPECT

**Key Vocabulary:** puberty, private parts, lifecycle, emotions, reproduction, periods, sperm, penis, vulva, vagina, testicles, scrotum, uterus, nipples, breasts, armpits, pubic hair, mood swings, wet dreams, respect, fairness, feelings, friendship, kind, honest, boundaries, personal space, stereotype, difference, unique, upstander, trust, support, identity, confident

| Title                                  | Learning Intentions and Learning Outcomes                                                                                                                                                                                                                                                                                                                                                                                                              | Resources                                                                                                                                                                           | Statutory Guidance                                                                                                                                                                                                              |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lesson 1</b><br>Changes             | <b>Learning Intention</b><br>To understand that puberty is an important stage in the human lifecycle<br><b>Learning Outcomes</b><br>I can name stages in the human lifecycle.<br>I can describe some physical changes that happen during puberty.<br>I can use agreed words to name male and female body parts.                                                                                                                                        | Whiteboard slides – Lifecycle<br>Whiteboard slides – Bingo images<br>Whiteboard slides - Lifecycle quiz<br>Body Part Bingo cards<br>Body Changes pictures<br>Lifecycle Quiz answers | <b>Health Education</b><br>Developing bodies (DB 1, 3)<br><b>Science curriculum</b> (S1, S4)                                                                                                                                    |
| <b>Lesson 2</b><br>What is puberty?    | <b>Learning Intention</b><br>To learn about the emotional and physical changes of puberty, including how the body prepares for reproduction.<br><b>Learning Outcomes</b><br>I can describe some physical and emotional changes that happen during puberty.<br>I can explain that these changes help the body get ready for having a baby in the future (if someone chooses to).<br>I know that puberty starts at different times for different people. | Puberty Card Sort<br>Puberty Card Sort whiteboard summary<br>Body Changes worksheet                                                                                                 | <b>Health Education</b><br>Developing bodies (DB 1, 2, 3)<br><b>Science curriculum</b> (S1, S4)                                                                                                                                 |
| <b>Lesson 3</b><br>Healthy Friendships | <b>Learning Intention</b><br>To explore healthy and unhealthy friendships and how to balance our own needs with the needs of others.<br><b>Learning Outcomes</b><br>I can describe what makes a friendship feel respectful and fair.<br>I can explain how to be kind while still speaking up about my own feelings.                                                                                                                                    | Healthy Friendships cards<br>Freeze frame scenario cards<br>Relationship pictures                                                                                                   | <b>Relationships education</b><br>Caring friendships (CF1, 2, 4, 5, 6, 7)<br>Respectful, Kind relationships (RR 3, 4, 5, 6)                                                                                                     |
| <b>Lesson 4</b><br>Valuing Difference  | <b>Learning Intention</b><br>To explore what makes people unique and how to show respect for those who are different from us.<br><b>Learning Outcomes</b><br>I can describe what makes me unique<br>I can explain what a stereotype is and why it can be unfair.<br>I can think of kind ways to respond when someone is treated unfairly.                                                                                                              | Circle talk object<br>Sorting labels and statements<br>Stereotype scenario cards                                                                                                    | <b>Relationships education</b><br>Families and people who care for me (F3)<br>Caring friendships (CF1, 2, 4, 5, 6, 7)<br>Respectful, Kind relationships (RR 5, 8, 10)<br><b>Health Education</b><br>General wellbeing (GW 4, 7) |