



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Mrs Korzeniewski

Year group: 4 Term: Spring 1

Subject: PSHE: growing and changing

Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	Describe some of the changes that happen to people during their lives;	Moving house Scarf, Year 4, Me and My Relationships	period/menstruation pad tampons menstruation cup pubic hair breasts hormones puberty puberty menstrual cycle eggs periods menstruation ovaries eggs wet dreams penis testicles sperm womb vagina vulva labia clitoris secret surprise uncomfortable feelings compromise marriage live together civil partnership forced marriage
2	Understand how the onset of puberty can have emotional as well as physical impact	My feelings are all over the place! Scarf, Year 4, Me and My Relationships	
3	Identify parts of the body that males and females have in common and those that are different;	All change Scarf, Year 4, Me and My Relationships	
4	Know the key facts of the menstrual cycle	Preparing for changes at puberty Scarf, Year 4, Me and My Relationships	
5	Recognise how different surprises and secrets might make them feel;	Secret or surprise? Scarf, Year 4, Me and My Relationships	
6	Recognise that marriage includes same sex and opposite sex partners	Together Scarf, Year 4, Me and My Relationships	

