

## Parent Information – Year 6

Lessons and resources taken from the Christopher Winter project Y4

### Health Education

Mental wellbeing (6a,6b,6c,6d,6f)

### Health Education

Changing adolescent body  
(8a, 8b)

Menstruation (9a)

### Key Stage 2 Science

- describe the life process of reproduction in some plants and animals

-describe the changes as humans develop to old age

### Learning Outcomes

Know about the physical and emotional changes that happen in puberty

Understand that children change into adults to be able to reproduce if they choose to

The children will talk with their teacher about the changes that will happen to their body as they grow up and that these are called puberty. The children will complete a card sort with their learning partner. See below

### Puberty Card Sort

1. Between the ages of 8 and 16 the human body changes a lot both inside and out. This is called puberty.	<b>8 - 16</b>
2. Chemicals called hormones make the changes happen. We all change at different times and in different ways because we are all unique.	<b>Hormones</b>
3. People get more hair on their bodies including facial hair, armpit hair and hair around the private parts.	
4. Armpits start to smell, and people might choose to use a deodorant.	

### Puberty Card Sort

5. The skin becomes oilier and teenagers may get spots.	
6. Teenagers' moods can go up and down. They can get strong feelings for others and may get a boyfriend or girlfriend.	
7. Females develop breasts. They start to have their period, a tiny egg is released each month and there is a small amount of bleeding.	
8. Males might have a wet dream. When they wake up they might have a sticky patch on their pyjamas. It is a sign that they have started to produce sperm.	

Children will then discuss these changes with their teacher and discuss how and where they could get help to cope with these changes. They will also discuss how they will know these changes have begun to happen and which changes are mental and physical.

Children will be told that these changes occur so that when they are an adult that they can reproduce. They are told that the egg and the sperm are needed to do this. The lesson will not go into any details about how the egg and sperm come into contact or how they are joined, this is covered in Y6.

Then the children will complete the body changes worksheet. See below.

# Body Changes

Changes that happen in puberty...	Male	Female	Everyone
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			
Hair on legs			
Periods start			
Voice gets deeper			
Has mood swings			
Might think about having a boyfriend/girlfriend			



The class will go through the answers and the teacher will correct any misunderstandings. Then the class will have a discussion about the positives of growing up and puberty including getting more responsibility etc.

The lesson will end with a summary review about when puberty happens, what happens and whether we can control it.