

White Laith Primary School - Relationships and Sex Education

Curriculum Planning for Year 4

Year 4	Learning Outcomes	Vocabulary	Living & Growing DVD Link
Lesson 1: Growing and changing (Sex and Relationships Education Resource - Y4/5 Lesson 1)	<ul style="list-style-type: none">• Can identify changes throughout the human life-cycle• Understand that change is ongoing• Understand that change is individual	Male Female Baby Toddler Child Teenager Adult Elderly Gender Stereotypes	
Lesson 2: Changing body parts (Sex and Relationships Education Resource - Y3/4 Lesson 2b)	<ul style="list-style-type: none">• Are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults• Know that puberty happens differently for everyone and begins and ends at different times• Understand that body changes at puberty are linked to human reproduction	Children Adults Puberty Male Female Hormones Periods Bra Hygiene	

<p>Lesson 3: Changing the way we keep clean (Sex and Relationships Education Resource - Y4/5 Lesson 4)</p>	<ul style="list-style-type: none"> • Can explain how changes at puberty affect body hygiene • Can describe how to care for their bodies during puberty • Can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming 	<p>Hygiene Bacteria Infection Puberty Sebum Pores Genitals Foreskin Vulva</p>	
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