

Year 4 Changing Me Overview

Objectives	Vocabulary	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Unique Me <ul style="list-style-type: none"> • <i>Personal</i> • <i>Unique</i> • <i>Characteristics</i> • <i>Parents</i> • <i>Gene</i> 	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being
Can express how they feel when change happens	2. Having a Baby <ul style="list-style-type: none"> • <i>Sperm</i> • <i>Egg/Ovum</i> • <i>Penis</i> • <i>Testicles</i> • <i>Vagina</i> • <i>Womb/Uterus</i> • <i>Ovaries</i> • <i>Making love</i> • <i>Fertilise</i> • <i>Conception</i> 	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
Understand and respect the changes that they see in themselves	3. Puberty and Menstruation <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Menstruation</i> • <i>Menstrual Cycle</i> • <i>Periods</i> • <i>Menstrual Pads/Tampons</i> • <i>Vagina</i> • <i>Vulva</i> • <i>Ovaries</i> • <i>Oestrogen</i> • <i>Fallopian Tube</i> • 	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty
Understand and respect the changes that they see in other people	4. Circles of Change <ul style="list-style-type: none"> • <i>Circle</i> • <i>Seasons</i> • <i>Change</i> • <i>Control</i> 	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
Know who to ask for help if they are worried about change	5. Accepting Change <ul style="list-style-type: none"> • <i>Range of emotions</i> • <i>Control</i> • <i>Change</i> • <i>Acceptance</i> 	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
Are looking forward to change	6. Looking Ahead <ul style="list-style-type: none"> • <i>Change</i> • <i>Excited</i> • <i>Nervous</i> • <i>Anxious</i> • <i>Happy</i> 	I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year and can describe how to go about these