

Scheme of Work

Puberty and Adolescence

National Curriculum Links PSHE Personal Wellbeing

1. Key Concepts
1.2 Healthy lifestyles
c. dealing with growth and change as normal parts of growing up.

2 Key processes
2.1 Critical reflection
e. reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviour

3 Range and content
c. Physical and emotional change and puberty.

Learning Intention and Learning Outcomes

Learning Intention
To recognise the physical and emotional changes that take place in puberty
Learning Outcomes
To know about male and female body parts
To know what physical and emotional changes take place during puberty

Learning Intention
To consider how feelings change during puberty and how to manage them
Learning Outcomes
Identify feelings which can occur during puberty
Consider how to manage feelings and experiences

Learning Intention
To explore how young people can manage the changes and experiences during puberty in a positive way.
Learning Outcomes
To consider where to get help and support during puberty
To practice giving advice about puberty experiences

Lesson Title

Lesson 1
[Changes in puberty](#)

Lesson 2
[Managing feelings](#)

Lesson 3
[Getting Help and Support](#)

Resources

[Body Part Cards](#)
[Body Parts Summary](#)
[Pictures of male and female reproductive organs](#)
[Puberty Changes Cards](#)
[Male, Female, Both, Not Sure cards](#)
[Puberty Changes Whiteboard Summary](#)
['After the lesson I wanted to know...' template](#)

Additional Activities
[Menstruation Cards](#)
[Menstruation Cards Answers.](#)
http://www.kidshealth.org/teen/your_body/body_basics/female_repro.html
[Pictures of male and female reproductive organs](#)
'Everything You Ever Wanted to Ask about Willies and Other Boy's Bits' (T. Kreitman et al Piccadilly Press)
Boy Talk (Channel 4, Living and Growing, Unit 3 'All About Us', Programme 8)

[Diamond 9 Feelings Cards](#)
Anonymous Questions from lesson 1 typed onto slips
[Worries About Puberty sheet](#)

[Puberty Scenario Cards](#)
[Puberty Scenario Card Guidance](#)
[Puberty Scenarios Worksheet](#)
[Student Evaluation Sheets](#)

Additional Activities
[Puberty Scenario Cards](#)