

Year 3 & 4 Blackbirds



PSHE

Summer 1



This half term in PSHE we will be learning about how our bodies change during puberty and pregnancy.

Key vocabulary –

Puberty – the changes the body goes through during the teenage years in preparation for adulthood.

Pregnancy – when a woman is carrying a baby in her womb.

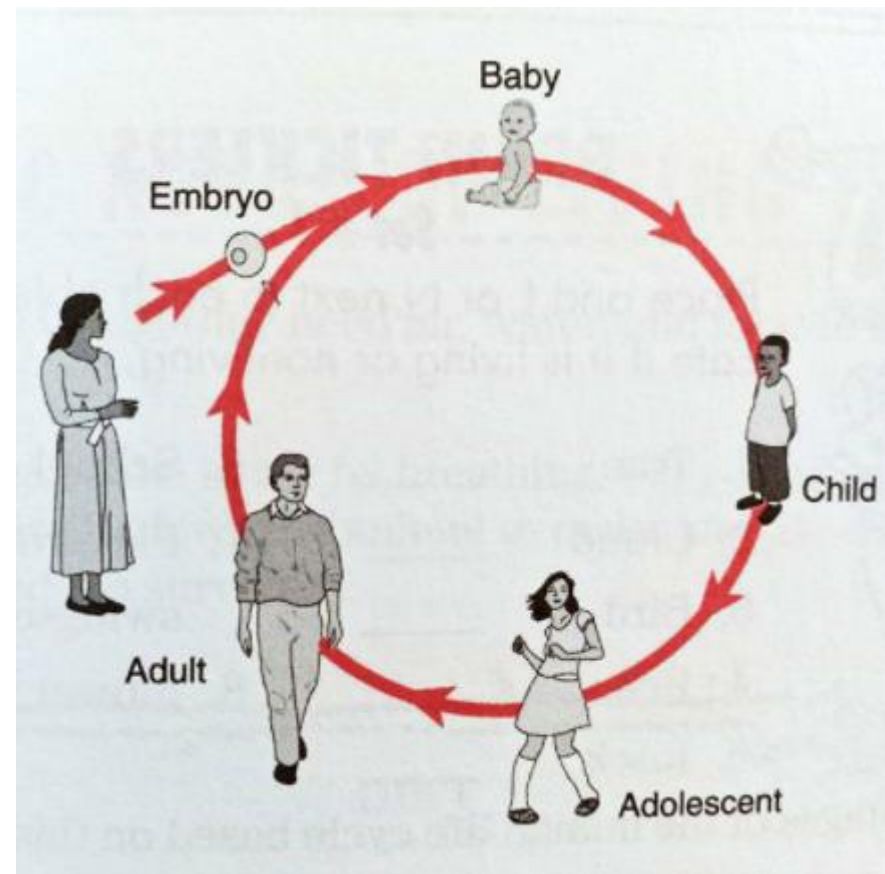
Womb – the part of the human body where babies are carried until women give birth.

Hormones – chemicals which the body produces naturally that cause the changes during puberty and pregnancy to happen.

Assertiveness – knowing when to stand your ground and stand up for yourself.

What happens during puberty?

During puberty the human body prepares itself for one day having children. Hormones force the body to develop more quickly and this can cause young people to become more emotional and anxious.



Start of Unit Quiz

- 1. Can you name two changes that occur during puberty?*
- 2. What do hormones do?*
- 3. Can you think of a situation where you might need to be assertive?*

End of Unit Quiz

- 1. Can you name two changes that occur during puberty?*
- 2. What do hormones do?*
- 3. Can you think of a situation where you might need to be assertive?*