

Changing me unit Year 4 Overview

Taught in Summer 2 HLA 2023

Session 1 Unique me	Session 2a <u>Having a baby*</u>	Session 3 Puberty and Menstruation	Session 4 Circles of change	Session 5 Accepting change	Session 6 Looking ahead
Pupils will be taught to: understand that some of their personal characteristics have come from my birth parents appreciate that they are a truly unique human being	Pupils will be taught to: understand what responsibilities there are in parenthood and the joy it can bring consider what has influenced my life and what might influence the lives of other people	Pupils will be taught to: 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 (<i>having periods</i>) is a natural part of this I have strategies to help me cope with the physical and emotional changes I will experience during puberty	Pupils will be taught to: identify how the circle of change works and can apply it to changes they want to make in their life be confident enough to try to make changes when they think they will benefit their life	Pupils will be taught to: identify changes that have been and may continue to be outside of their control that they learnt to accept express their fears and concerns about changes that are outside of their control and know how to manage these feelings positively	Pupils will be taught to: identify what they are looking forward to when they are in Year 5 reflect on the changes they would like to make when they are in Year 5 and can describe how to go about this 