

Growing Up (Year 5) – Lesson Plan

Overall aims and objectives
<ul style="list-style-type: none"> • To understand what puberty is and when it happens • Recognise the physical and emotional changes as we grow up • To understand how to keep our bodies healthy

Time	Activity
05 mins	<p>Slide 1 & 2 – Introduction</p> <ul style="list-style-type: none"> • Introduce yourself and explain what the session is about • Read Ground Rules, can add more if the students want to
02 mins	<p>Slide 3 – Session Aims</p> <p>Reiterate the importance of listening and being considerate to each other</p>
05 mins	<p>Slide 4 – Playground Whispers</p> <p>Puberty is when our bodies change from a child to an adult</p>
02 mins	<p>Slide 5 – What is Puberty?</p> <p>Discussion around slide</p>
03 mins	<p>Slides 6 – When Do These Changes Happen?</p> <p>Discussion around slide</p>
10 mins	<p>Slide 7 – Activity – Body Mapping</p> <p>Explain the activity and hand out body maps. Ask the class to write or draw the changes that happen to our bodies during puberty.</p>
05 mins	<p>Slide 8 – What Changes Happen to Both Boys & Girls</p> <p>Ask the class to feedback from the body mapping activity for the changes that happen to both boys and girls. Refer to the notes.</p>
05 mins	<p>Slide 9 – What Changes Happen to Boys only?</p> <p>Ask the class to feedback from the body mapping activity for the changes that happen to boys only. Refer to the notes.</p>

05 mins	<p>Slide 10– What Changes Happen to Girls only?</p> <p>Ask the class to feedback from the body mapping activity for the changes that happen to girls only. Refer to the notes.</p>
03 mins	<p>Slide 11 – Emotional Changes</p> <p>Discussion around the slide and notes.</p>
03 mins	<p>Slide 11 – Your Changing Brain</p> <p>Discussion around the slide and include the notes information.</p>
02 mins	<p>Slide 12 –</p> <p>Slide to introduce staying healthy</p>
05 mins	<p>Slide 13 – How Can You Take Care of Yourself</p> <p>Ask the class if they know how they can stay healthy.</p> <p>Discuss the slide and notes information.</p>
05 mins	<p>Slide 14 – Hygiene Video</p> <p>Youtuber talking about hygiene.</p>
03 mins	<p>Slide 15 – 5 Ways to Wellbeing</p> <p>Play video for class.</p>
05 mins	<p>Slide 16 – It’s Good to Talk</p> <p>Ask the class who they might talk to if they needed support. Name the School Nurse and explain how to access the service.</p>
10 mins	<p>Slide 17 – Any Questions</p> <p>Pass around post it notes and ask all of the class to write something, even if they don’t have a question, it could be what they thought of the session, and then collect post it notes into the “ask it” basket.</p> <p>Answer questions as required.</p>

Resources Required:

- Ensure Growing up Session is on your laptop
- Body Map print outs
- “Ask it” basket & Post-it notes