



# KNOWLEDGE ORGANISER: PSHE- Growing Up Year 4 Summer 1



## Key Knowledge

Growing into Adults: There are lots of changes we go through during puberty. These changes may feel confusing at the time but they are completely normal and happen to everyone. Our changing emotions can also feel confusing but there are things we can do to help.

We can:

- have some calm, quiet time;
- do something active - exercise helps release endorphins;
- do something we enjoy;
- phone or visit a friend;
- write our feelings down;
- talk to a trusted adult;
- spend time with a pet;
- go for a walk.

## Learning Intention:

1. Recognise physical changes in puberty.
2. Understand emotional changes during puberty.
3. Learn strategies for coping with puberty changes.
4. Show empathy towards peers going through puberty.

## Key Vocabulary reproduction

### **foetus**

When plants or animals produce young.

A baby growing inside a female's body.

### **puberty**

The time when children's bodies start to develop into adults.

### **genitals**

Parts of our body that are private. Females have **genitals** called a vulva and a vagina and males have a penis and testicles.

### **hormones**

Natural chemicals within our body.

### **testosterone**

Male sex **hormone**.

### **oestrogen**

Female sex **hormone**.

### **feelings**

**Emotions** we experience about things that are happening.

### **emotions**

The way we feel about things that are happening.

### **lesbian**

A woman who is attracted to other women.

### **gay**

A man who is attracted to other men or a woman who is attracted to other women.

### **bisexual**

A person who is attracted to both men and women.

### **egg**

**Eggs** are made by the woman's body. If an **egg** is fertilised by **sperm**, a baby starts to grow.

### **sperm**

**Sperm** is made by the man's body. If sperm fertilises the **egg**, a baby starts to grow.

## Resources



Websites

Textbooks

Reading Links



- ✓ [BBC Bitesize – How do humans change in their lifetime](#)
- ✓ [Operation Ouch! How are babies made?](#)



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## Key Knowledge

### Human Reproduction

All living things reproduce. **Reproduction** means to make the same thing again. When humans reproduce, they have babies. The male body produces **sperm** which is stored in the testicles. The female body produces **eggs** which are stored in the ovaries. The ovaries are joined to the uterus by the fallopian tubes. In the female body, the **egg** travels along the fallopian tubes to the uterus and if it is fertilised by **sperm**, a baby starts to grow.

### Boys and Puberty

**Puberty** causes some changes to happen in male bodies. These changes happen so that when we are older, if we would like to, we can become parents. Changes that happen to the male body during **puberty** include the Adam's apple developing, the testes growing bigger, the penis becoming longer, wider and sometimes becoming hard (an erection), hair growing underarms, on the chest and around the penis and the body growing bigger and stronger. These changes happen because the sex **hormone testosterone** is produced. It can be helpful to talk to trusted adults for advice and support if you have any questions or if anything worries you.

### Girls and Puberty

**Puberty** also causes changes to happen in the female body. These changes happen so that when we are older, if we would like to, we can become parents. Changes that happen in the female body during **puberty** include starting menstruation when the uterus sheds lining as an unfertilised **egg** is released, breasts growing, hair beginning to grow under the arms and around the **genitals**. These changes happen because the sex **hormone oestrogen** is produced. It can be helpful to talk to trusted adults for advice and support if you have any questions or if anything worries you.

### Emotions

As we go through **puberty**, there are certain changes that happen to boys and girls. We grow taller and stronger, our hair may become greasier and we may find we sweat more, we may get spots and we might feel very strong and quickly changing **emotions**. Strong and changing **emotions** is something that happens to everyone through **puberty** and there are strategies that we can use to help ourselves. If we experience uncomfortable **emotions** very often or for a long time, it is important to speak to someone we trust.

### Loving Relationships

Families can be large or small and can be made up of lots of different family members. Some family members include children, parents, siblings, step-parents, step-siblings, aunts, uncles, grandparents, cousins and carers. Families may have one parent or two and parents may live together, be married, be in a civil partnership or may live apart. Some families live together and some families live apart. There is no right or wrong grouping when it comes to families but there is something very important that they all have in common. This is the love they share for each other and the care they provide. Families help us to feel safe, cared for, loved and secure.

### Where Babies Come From

When **sperm** fertilises an **egg**, a baby starts to develop inside a woman's body. At first it is called an embryo then after eight weeks it is called a **foetus**. The baby develops in the woman's uterus over nine months. During this time it is protected by a special bag of fluid called an amniotic sac and gets all the nutrients and fluid it needs from its mother's bloodstream through a special tube called an umbilical cord. After nine months, the baby is ready to be born and will be pushed from the mother's body through the vagina.