

Puberty (Year 6) – Lesson Plan

Overall aims and objectives
<ul style="list-style-type: none"> • Recognise some of the differences and similarities between boys and girls • Recognise how to stay healthy • Learn 5 ways to wellbeing

Time	Activity
05 mins	Slide 1 & 2 – Introduction <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	Slide 3 – Session Aims Reiterate the importance of listening and being considerate to each other
03 mins	Slide 4 – What does puberty mean? Discussion around slide
02 mins	Slide 5 – When do these changes happen? Discussion around slide
03 mins	Slides 6 – What causes these changes / Hormones? Discuss slides and explain about the brain / hormones / chemical changes in the body using footnotes
10 mins	Slide 7 – Activity – Venn Diagram Explain the activity and split class into 8 groups. Hand out polly pockets of A4 cards of the Venn diagram and envelopes of body changes. Ask the students to put the body changes into categories; female, male or both.
05 mins	Slide 8 – Activity – Body Changes - Female Ask the class to name the female body changes and discuss further by using the note cards.

05 mins	Slide 9 – Activity - Body Changes - Male Ask the class to name the male body changes and discuss further by using the note cards.
05 mins	Slide 10– Activity - Body Changes, Venn Diagram Ask the class to name body changes that happen to both females and males. Venn diagram is now complete and activity finished.
03 mins	Slide 11 – Your Changing Brain Discussion around the slide and include the notes information.
03 mins	Slide 12 – Emotional Changes Discussion around the slide
02 mins	Slide 13 – Slide to introduce staying healthy
05 mins	Slide 14 – How Can You Take Care of Yourself Ask the class if they know how they can stay healthy. Discuss the slide and notes information.
03 mins	Slide 15 – 5 Ways to Wellbeing Play video for class.
05 mins	Slide 16 – It’s Good to Talk Ask the class who they might talk to if they needed support. Explain there is a School Nurse in every secondary school in Dudley and name them if you can.
10 mins	Slide 17 – Any Questions 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. Answer questions as required.

Resources Required:

- Ensure Puberty & Growing up Session is on your laptop
- 8 x A4 laminated Venn Diagrams & envelopes of laminated body changes
- “Ask it” basket & Post-it notes