

Periods (Year 4) – Lesson Plan

Overall aims and objectives
To understand what periods are and know how to look after themselves

Time	Activity
05 mins	Slide 1 and 2 - Introduction <ul style="list-style-type: none"> Introduce yourself and explain what the session is about Read Ground Rules, add any more rules that the class have decided on
05 mins	Slide 3 – At the End of This Session You Should Be Able To: <ul style="list-style-type: none"> Reiterate the importance of listening and being considerate to each other
05 mins	Slide 4 – What are periods (menstruation)? <ul style="list-style-type: none"> Discussion around slide
05 mins	Slide 5 – What age do periods start? <ul style="list-style-type: none"> Discussion around slide using footnotes
05 mins	Slide 6 – Female reproductive system (brief) <ul style="list-style-type: none"> Discussion around slide using footnotes
10 mins	Slide 7 and 8 – What do we need to know and what are sanitary products and how do we use them <ul style="list-style-type: none"> Discussion around slide using footnote Ensure you are showing how we physically use sanitary products and stress the importance of disposing of the sanitary towels in appropriate bins
05 mins	Slide 9 – How does it make us feel? Discussion around the slide and footnote
05 mins	Slide 10 – How to look after ourselves <ul style="list-style-type: none"> Discussion around slides and footnotes
07 mins	Slide 11 – Hygiene <ul style="list-style-type: none"> Discussion around slide and footnotes What's in the bag – toiletries to keep us clean

05 mins	Slide 12, 13 and 14 <ul style="list-style-type: none"> • Quiz
05 mins	Slide 15 – any questions

Resources Required:

- Ensure periods year 4 presentation is on your laptop
- Ensure you take selection of sanitary towels, pants and period pants