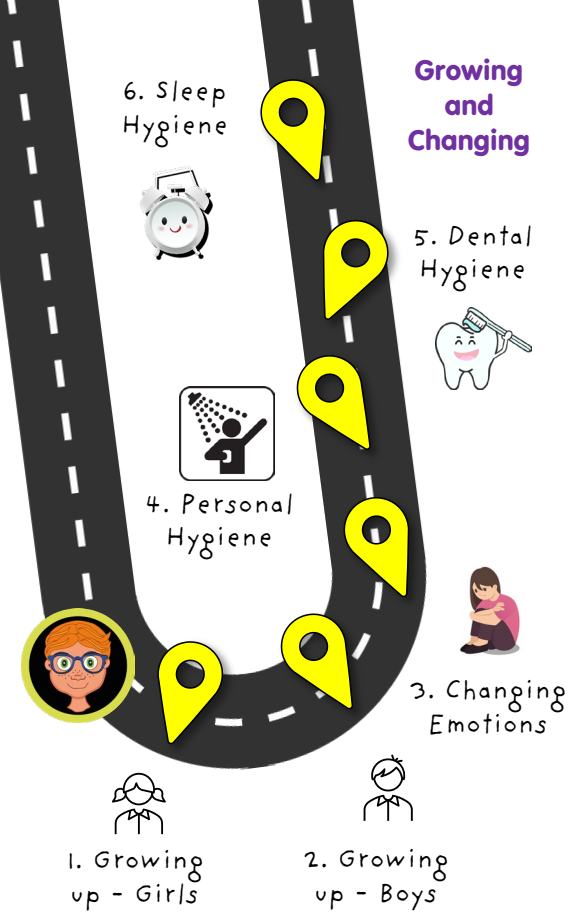
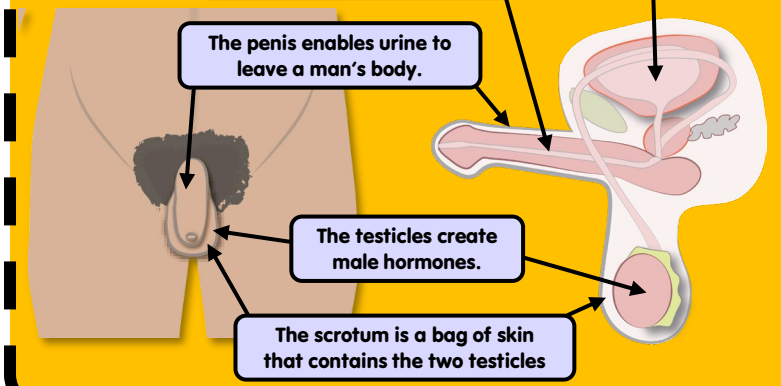


PROGRESSION AND GOLDEN THREAD

This Year 4 Growing and Changing unit builds on our previous learning, connecting our understanding of emotions, body parts, and self-care as we grow. In Reception, Year 1, and Year 3, we explored a range of feelings and emotions, along with strategies to manage them. Year 2 focused on learning about our bodies, including external private parts, dental care, and bedtime routines. Now, in Year 4, we will study male and female anatomy, focusing on internal reproductive body parts, and explore the physical and emotional changes that happen during puberty. We'll discuss how puberty impacts our feelings, and we'll build on our understanding of hygiene by focusing on personal care routines, including dental and sleep hygiene.

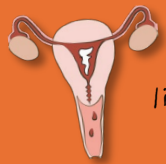
MALE BODY PARTS



KEY TERMS

Puberty	When a child's body changes to become an adult body.
Hormones	A chemical messenger that tells your body to grow and change.
Acne	A skin condition that causes spots, often on the face or back.
Growth Spurt	When a child grows taller in a short period of time.
Pubic Hair	Hair that grows around the private parts of the body during puberty.
Voice Breaking	When the voice changes and becomes deeper during puberty.
Body Odour	A strong, unpleasant smell that is caused by sweat.
Deodorant	A product that is applied under the arms to help control body odour.
Period Pads	A soft, absorbent pad that is worn inside underwear to absorb blood during a period.
Period Pants	Special underwear that absorbs period blood, so you don't need to use pads.

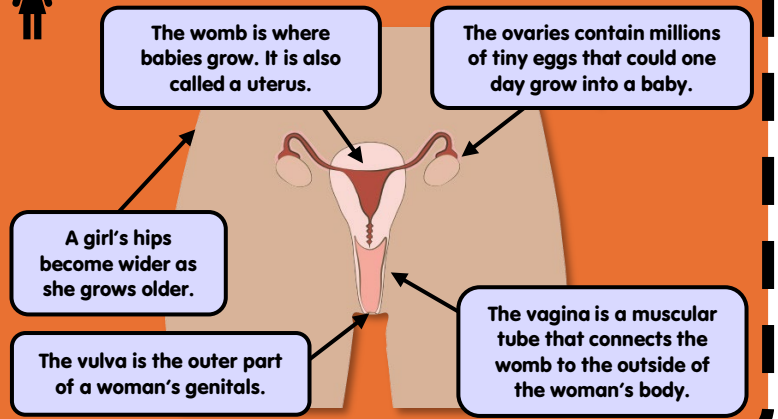
WHAT ARE PERIODS?



Periods are when a girl's womb sheds its lining each month. It's a sign that her body is growing, and she may one day be able to have children. A period typically lasts around 5 days and usually starts between the ages of 8 and 16.



FEMALE BODY PARTS



YEAR 4 – SUMMER 1 HEALTH AND WELLBEING KNOWLEDGE ORGANISER