



Lesson plan for relationships and sex education

## My changing body (Yr 4)

### Lesson 1

Vocabulary used and taught in this lesson

Growing and changing, Personal Hygiene, Positive relationships, Puberty, Relationships, Periods, Menstruation, Body Changes

#### Introduction

Ask the children to think about how kittens are born [come from their mummy's tummy, between 1-8 born at the same time.] Explain that adult female cats will have a special place in their bodies called a womb or uterus. This is where the kittens grow before they are ready to be born.

Explain that humans are like kittens. They are both mammals.

Mammals grow babies inside the mother until they are ready to be born. Babies are made from two seeds; an egg from the female and a sperm from the male. Female humans normally release one egg [maybe two to create non-identical twins; identical twins occur when an egg and sperm split in half to create identical babies.]

Explain that we are going to learn about eggs and what happens to them when the egg from a female *doesn't* meet a sperm to make a baby.

#### Activity

## Activity 1 - Puberty changes

Explain to the children that when a girl reaches puberty, **anytime from the age of eight, though most commonly at about the age of 12**, she can start releasing eggs. These eggs are released inside her. Distribute the *Female internal reproductive organs* Activity sheet. Ask the children to label their activity sheet using the Interactive White Board to copy. (the IWB resource contains a second slide showing the male internal reproductive organs. Although this is not needed for this lesson it can be used if questions about boys' internal reproductive organs arise).

(use the **Puberty Glossary** if necessary).

## Activity 2 - Menstrual Cycle

Using the image on the IWB explain that inside every female are **ovaries** that contain tiny eggs (the word Ovum is Latin for egg) and that about once a month, when a female has reached puberty she releases one egg from an ovary. This egg travels along the **fallopian tube** towards the **uterus (womb)**.

In preparation for the egg, the **lining of the uterus** thickens. But if the egg is not fertilized inside the female's body (it doesn't meet the male seed - the **sperm**) the lining isn't needed and so the woman/girl passes this lining, in the form of blood, out through her **vagina**.

This monthly 'bleed' is called a period and lasts approximately 3 – 7 days.

Reassure the children that the amount of blood in total is small – only about 3-5 tablespoons. Explain that this is all perfectly normal and shows that a girl's body is getting ready for adulthood and will enable her to have a baby if she wants to.

You can show the clip of menstruation from the Kidshealth website to illustrate this cycle: [view this film here.](#)

Distribute the *Menstruation cycle* Activity sheet and ask the children to cut out the 4 pictures, then glue them onto a blank piece of paper in the right order. [The correct order is B, D, A, C]

Ask whether anyone can explain what a girl or woman could use to protect her clothes when she is having a period? (Period/menstruation pads, tampons or maybe even menstruation cups. You can use the Puberty glossary to explain pads and tampons. Menstruation cups are plastic devices that women can place inside their vagina to collect period blood. It needs to be emptied regularly, just the same as changing a pad or tampon on a regular basis for safety. Use the images of period Products on the IWB or bring examples to show the children.

Explain the need for extra care to be taken by girls at this time of the month - regular changing of pads (or other items used to protect clothing) and to change underwear regularly.

Explain, too, that the hormones (chemicals) which cause the changes at puberty also make a person's sweat glands more active. This means that the person needs to wash more regularly.

### Plenary

Summarise by explaining that periods are a normal part of growing up and show that a girl's body is working as it should. It is nothing to be ashamed of and most of us wouldn't be here if it wasn't for eggs and periods (recognising that some children may be IVF babies).

### Learning outcomes:

Children will be able to:

- Recognise that babies come from the joining of an egg and sperm;
- Explain what happens when an egg doesn't meet a sperm;
- Understand that for girls, periods are a normal part of puberty.