

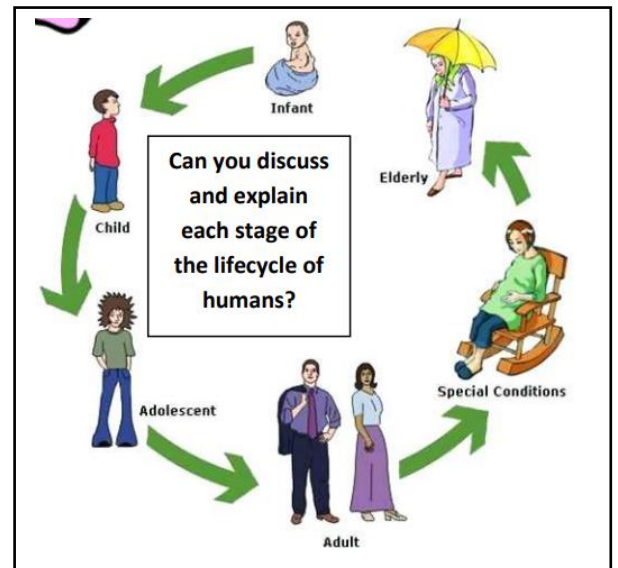
PSHE Knowledge Organiser

LKS2 Year 4 Term: 6 - Changing Me

Key Enquiry: Changing me

National Curriculum Objectives

- Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- Know that babies are made by a sperm joining with an ovum
- Know the names of the different internal and external body parts that are needed to make a baby
- Know how the female and male body change at puberty
- Know that personal hygiene is important during puberty and as an adult
- Know that change is a normal part of life and that some cannot be controlled and have to be accepted
- Know that change can bring about a range of different emotions



Key vocabulary

Word	Meaning
Menstruation	Having periods (releasing an egg that is shed each month if not fertilised)
Puberty	Physical (body and mind) changes that happen when children become adults
Egg and Sperm	An egg and sperm joins together to make a baby

Sticky Knowledge:

- It is important to know our bodies change during puberty so that we are not upset or surprised.
- Girls start to develop breasts. Both boys and girls start to grow hair in their armpits and around their pubic areas. Boys voices 'break' (deepen) and they start to grow facial hair.
- Puberty changes the hormones in our bodies.
- It is important that we wash regularly and maybe use deodorant to stay clean and fresh.
- Puberty can change effect our emotions. Some emotions, like feeling anxious, jealous or angry can be uncomfortable,