

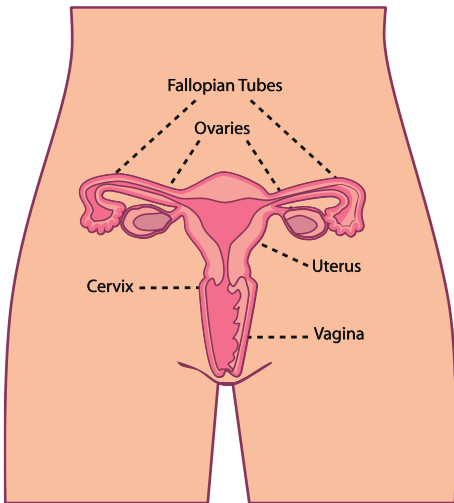
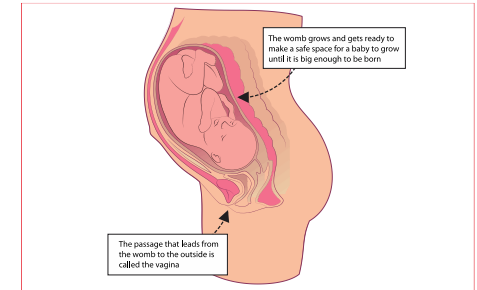
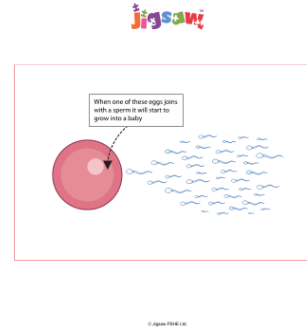
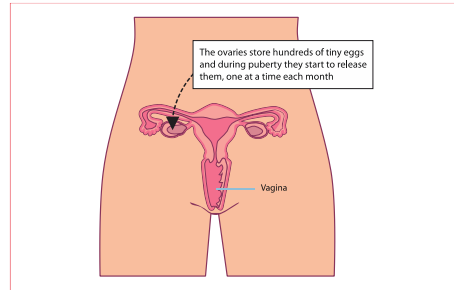
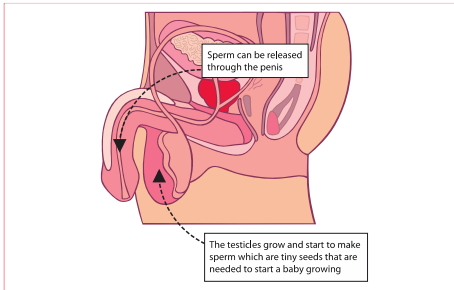
Year 4

- Children learn that they inherit their physical characteristics from the sperm and the egg they came from.
- Children watch a simple animation explaining how periods occur as an unfertilised egg leaves the body.
- Discussions about how sperm meet the egg may happen with intercourse being explained in very simple terms.
- Children learn vocabulary of menstruation, tampons and towels.

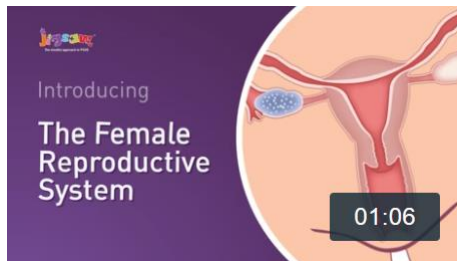
Weekly Celebration	Pieces	Outcomes		Vocabulary	
Understand that everyone is unique and special	Unique Me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being	Personal Unique Characteristics Parents	
Can express how they feel when change happens	Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult	Sperm Egg Penis Testicles Vagina	Womb Ovaries Making love Fertilise Reproduction
Understand and respect the changes that they see in themselves	Girls and Puberty	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty	Puberty Menstruation Periods	
Understand and respect the changes that they see in other people	Circles of Change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me	Circle Seasons Change Control	
Know who to ask for help if they are worried about change	Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively	Range of emotions Control Change Acceptance	

Are looking forward to change	Looking Ahead	I can identify what I am looking forward to when I am in Year 5	I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this	Change Looking forward Excited	Nervous Anxious Happy
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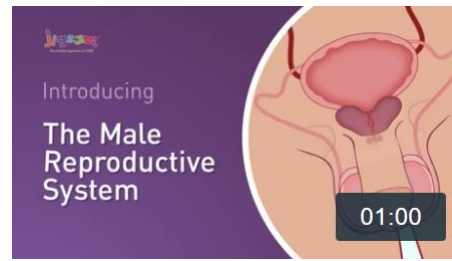
Images



Links to videos used



<https://vimeo.com/944793829>



<https://vimeo.com/944793741>

The school may also use the Ask Lara videos (formally available on BBC iPlayer). The links provided below are to the videos hosted on YouTube and are available at the time of checking.

[Oh No! It's Here! | Ask Lara 1x01 \(youtube.com\)](#)

[Spot of bother | Ask Lara 1x02 \(youtube.com\)](#)

[Oh No! B.O.! | Ask Lara 1x07 \(youtube.com\)](#)

