

# Year 4 – Growing and Changing

## Knowledge Organiser



Periods	Growing and Changing	Body Parts
<ul style="list-style-type: none"> <li>- When a girl starts puberty she begins to release eggs and have periods</li> <li>- Inside every female are ovaries that contain tiny eggs and about once a month, when a female reaches puberty, she releases one egg from an ovary</li> <li>- This egg travels along the fallopian tube towards the uterus (womb)</li> <li>- In preparation for the egg, the lining of the uterus thickens</li> <li>- If the egg is not fertilised, the lining is not needed so the woman/girl passes this lining in the form of blood, along with the tiny egg, out through her vagina</li> <li>- This is called a period and lasts for about 3-7 days.</li> <li>- The amount of blood is only small – only about 3-5 tablespoons</li> <li>- Periods are perfectly normal and show that a girl's body is getting ready for adulthood</li> <li>- Girls can use sanitary pads, tampons or menstrual cups to protect their clothing</li> </ul>	<ul style="list-style-type: none"> <li>- Puberty is the time when our bodies change from being a child's body to being an adult</li> <li>- Puberty starts when hormones (chemicals) are triggered by the brain</li> <li>- Hormones can affect our moods and feelings</li> <li>- As young people get older, they will want to be more independent</li> <li>- Puberty can have an emotional as well as a physical impact on us</li> <li>- You may use different words at home to name your 'private parts', but the correct medical names (penis/vagina) will help you if you ever need to talk to someone like a doctor about them</li> <li>- If you are scared or worried about the changes you experience during puberty, it is important to talk to a trusted adult</li> </ul>	<ul style="list-style-type: none"> <li>- There are some body parts that males and females have in common and some that are different</li> <li>- Females have a vagina, ovaries, eggs, a womb and breasts</li> <li>- Males have a penis, testicles and sperm</li> </ul>

Key Vocabulary	Definition
<b>Hormones</b>	A chemical substance in the body that give messages to different parts of the body to start changing/developing during puberty
<b>Penis</b>	An external male reproductive organ
<b>Testicles</b>	Sacks found below the penis that produce sperm
<b>Pubic Hair</b>	Hair that starts to grow around the genitals during puberty
<b>Menstrual Cup</b>	A small cup that can be inserted into the vagina during menstruation. Its purpose is to collect menstrual fluid
<b>Sanitary Pad</b>	An absorbent pad worn by women to absorb menstrual blood
<b>Puberty</b>	A period during which adolescents reach maturity and become capable of reproduction
<b>Period/Menstruation</b>	A flow of blood and other material from the lining of the uterus, occurring when an egg has not been fertilised
<b>Ovaries</b>	A female reproductive organ in which eggs are produced
<b>Womb</b>	A muscular organ of the female reproductive system, located between the bladder and the rectum
<b>Vagina</b>	The opening of the reproductive part of the girl's body
<b>Tampon</b>	A compressed pad of cotton wool that can be inserted into the body in the vaginal passage to catch the period blood before it leaves the body in order to protect clothes

We will be learning to...
<ul style="list-style-type: none"> <li>• Describe some of the changes that happen to people during their lives;</li> <li>• Explain how the Learning Line can be used as a tool to help us manage change more easily;</li> <li>• Suggest people who may be able to help us deal with change.</li> <li>• Name some positive and negative feelings;</li> <li>• Suggest reasons why young people sometimes fall out with their parents;</li> <li>• Take part in a role play practising how to compromise.</li> <li>• Identify parts of the body that males and females have in common and those that are different;</li> <li>• Know the correct terminology for their genitalia;</li> <li>• Understand and explain why puberty happens.</li> <li>• Recognise that babies come from the joining of an egg and sperm;</li> <li>• Explain what happens when an egg doesn't meet a sperm;</li> <li>• Understand that periods are a normal part of puberty for girls;</li> <li>• Identify some of the way we can cope better with periods.</li> <li>• Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</li> <li>• Recognise how different surprises and secrets might make us feel;</li> <li>• Know who you could ask for help if a secret made them feel uncomfortable or unsafe.</li> <li>• Recognise that marriage includes same sex and opposite sex partners;</li> <li>• Know the legal age for marriage in England or Scotland;</li> <li>• Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony</li> </ul>

Key Resources
<p><b>The Learning Line</b></p> <p><b>SCARF</b> Labelling internal female reproductive organs</p>

Skills			
<b>Body changes during puberty</b>	I can label some parts of the body that both boys and girls have.	I can label some parts of the body that only boys have and only girls have.	I can talk about how some parts of the body change during puberty.
<b>Managing difficult feelings</b>	I can name some of the difficult feelings someone might have as they go through puberty.	I can list some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents).	I can suggest some good ways to compromise to reduce conflict.
<b>Relationships including marriage</b>	I can tell you who can get married and how old they have to be.	I can tell you why people get married.	I can explain why some people choose to have a civil ceremony or live together instead.
<b>Menstruation</b>	I can tell you what is needed to make a new human being (egg and sperm) and who produces these.	I can tell you what happens to the woman's body when the egg isn't fertilised, recognising that it is the lining of the womb that comes away.	I can tell you some of the correct words for the parts of the woman's body that are involved in menstruation.