



UKS2  
Health &  
Wellbeing

Relationships

Living in the  
Wider World

## Unit 1: Health

## Lesson 2: Physical, Emotional and Mental

### Learning Objectives

- Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- HW11 Recognise how their behaviour and that of others may influence people both positively and negatively
- HW18 Work and play independently and in groups, showing sensitivity to others
- PW60 Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene
- PW65 Recognise how new relationships may develop
- PW68 Manage changing emotions and recognise how they can impact on relationships

### Introduction

Sex and Relationships Education often involves dealing with difficult and sensitive issues. Please refer to your school policy document for further guidance. You may also want to invite the school nurse into school at this point for a more in-depth look at aspects such as menstruation and sexual relationships.

- Explain to the pupils that this session is designed to ensure that they understand that everybody changes at different rates and to help them be aware of changes and how these can make them both look and feel. This session will also help them to think about ways they can cope with these changes.

### Resources

Puberty statement bank  
Statement grid  
Changing Bodies sheet

### Main Activity

- Introduce the word 'puberty'. Does anyone know what it means or what it might relate to?
- Ask the pupils to work in either mixed or same sex pairs to choose ten statements from the statement bank. They must write each statement on their grid and indicate whether it applies to just boys, just girls or both.
- Discuss their answers – do they all agree or are there some differing opinions e.g. face changing shape?
- Complete the Changing Bodies sheet and explain the importance of personal hygiene as their bodies change.

### Plenary

- Explain to pupils that most of these changes take place because of the body's production of hormones. These are new chemicals that the brain releases when your body reaches a certain age. The age can vary from person to person.
- This change often results in mood swings and can affect relationships with other people, especially parents!

### Assessment

- What changes happen to our bodies during puberty?
- Why is personal hygiene especially important then?

What's Puberty?