



LKS2
Health &
Wellbeing

Relationships

Living in the
Wider World

Unit 7: Growing and Changing Lesson 1: Before Puberty

Learning Objectives

- Understand that the rate at which we grow differs from person to person
- HW4 Recognise and respect similarities and differences between people
- HW13 Listen to and show consideration for other people's views
- PW35 Show awareness of changes that take place as they grow

Introduction

Ask the pupils to bring in a baby photo of themselves each and a photo of mum / dad or both, ready for this session.

- Revise with the pupils the different ways in which they can keep their bodies healthy.

Main Activity

- Sit pupils in a circle and display the photographs they have brought in.
- Talk generally about families and how different the children look from their baby photos.
- Ask lots of questions e.g. Is there something in the baby photo that is recognisable as e.g. 'Callum' now (shape of his nose, colour of his eyes?)
- Look at photos of mums and dads. Can you tell they are related to their child? How?

Resources

Pupils' own photos

Main Activity cont.

- What differences are there between the family members? For example, Mum and Dad both have brown hair and Bobby has blond.
- Explain that the human body changes shape and size in order to support the activities it needs to be able to do at different milestones in life and that the time of change between childhood and becoming an adult is known as puberty.

Plenary

- Ask if any of the pupils have a teenage brother or sister. How do they look different to them? How do they behave differently to them now?
- Explain that we all grow at different rates and that the tallest person in the class now may not be the tallest in ten years' time!

Assessment

- What is puberty?
- How do our bodies change during this time?

You've Grown