

UKS2 – Lesson Plan 3 - PSHE

How does puberty affect our bodies and minds — and how can we stay confident and healthy as we grow?

Aim: To understand the physical and emotional changes that happen during puberty, the science behind them, and how to manage these changes with confidence and care.	Key Words: • puberty, hormones, change, emotions, growth, hygiene, respect, support, confidence, personal care	Preparation: • Diagrams showing changes during puberty (male and female) • ‘Fact or Myth?’ puberty cards • Self-care checklists • Question box (optional for anonymous questions) • Flipchart or whiteboard • Scenario cards for role-play or discussion
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Prior Learning: Children have been introduced to the human life cycle and basic body parts. This lesson builds on their understanding of how humans change as they grow.

WC / PT	<u>Warm-up:</u> Ask children to brainstorm: • What does the word “change” mean? • What types of changes do people go through as they grow up? Introduce the idea that puberty is a time of scientific and emotional change — and that understanding it helps us feel more prepared and confident.	0-5 mins
WC	<u>Main Teach:</u> Use diagrams and clear, age-appropriate language to explain: • Scientific explanation: Hormones trigger changes in our bodies. These changes include growth spurts, development of new body features, and emotional ups and downs. • Emotional explanation: Mood swings, new feelings, and becoming more self-aware are all normal. Introduce the link between Science (how and why changes happen) and PSHE (how we feel and respond to them). Discuss: • What’s the purpose of these changes? • How do we take care of ourselves during this time?	5-10 mins

I / S	<u>Activity:</u> Puberty Fact or Myth & Personal Care Plan 1. Puberty: Fact or Myth? Use cards like: ○ “Everyone goes through puberty at the same time.” (Myth) ○ “It’s normal to feel more emotional during puberty.” (Fact) ○ “Only girls experience puberty.” (Myth) Children sort them and discuss. 2. Design a Personal Care Checklist Children design a simple, private weekly checklist to help them take care of their changing bodies and minds. Categories might include: ○ Sleep ○ Washing & hygiene ○ Healthy eating ○ Asking for help ○ Staying calm or taking breaks	10-30 mins
I	<u>Extension Challenge:</u> Role-play everyday challenges related to puberty: • “You forgot your deodorant and feel embarrassed at school.” • “You feel overwhelmed and need a way to calm down.” Children offer kind, practical solutions and discuss respectful ways to help themselves and others.	30-35 mins
WC	<u>Plenary:</u> Circle reflection: • One thing I’ve learned about how my body changes... • One way I can take care of myself... <i>Optional: Use a question box for anonymous follow-up.</i> Quote to end with: <i>“Growing up is something we all do — but learning how to look after ourselves makes it a little easier.”</i>	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Science Link: • Draw a diagram of the human body showing some changes that happen during puberty and label them with the correct scientific terms.
Challenge B	PSHE Link: • Write an advice paragraph for younger children: <i>“Don’t worry! Here’s what I wish I’d known about growing up...”</i>