

# Changes and Reproduction

Science

Year 5

Lesson 5 of 6

Learning Objective		Resources	
To know the changes that occur during puberty and how they differ for boys and girls.		Slides Worksheets 5A/5B/5C Keeping Fit Puberty Problems (FSD? activity only)	
Teaching Input			
<ul style="list-style-type: none"><li>What do you remember about the changes that occur inside and outside the body at the start of puberty? Children to discuss their ideas.</li><li>Did you think of any of these? Show slide summarising initial changes.</li><li>Show slides explaining the similarities between boys and girls prior to puberty and how their development differs as the body prepares for adulthood, including sperm production and menstruation.</li><li>What a lot of information! How much have you remembered and understood so far? Children to discuss this. Summarise their ideas, writing them on the table on the slide.</li><li>With all these changes occurring, what can teenagers do to stay fit, healthy and happy? Discuss, then show slides explaining need for hygiene, exercise and rest.</li><li>Explain that today we will be considering the ways in which boys and girls can look after themselves and keep fit and healthy during puberty.</li></ul>			
Main Activity			
<u>Lower ability:</u>  Children are to read the statements on the Keeping Fit worksheet and discuss where they should be placed on the table on Worksheet 5A. They should then cut and stick the statements on the table in the correct place.	<u>Middle ability:</u>  With reference to the subheadings on the mind map on Worksheet 5B, children are to discuss the ways in which girls and boys can look after themselves and keep fit and healthy during puberty. They are then to complete the mind map, summarising their ideas.	<u>Higher ability:</u>  On worksheet 5C, children are to create a detailed mind map showing ways in which girls and boys can look after themselves and keep fit and healthy during puberty.	
Fancy something different...?			
<ul style="list-style-type: none"><li>Give children the Keeping Fit worksheet. They should cut out the statements and decide on some ways of sorting them into groups.</li><li>Children to read the Puberty Problems scenario cards, then with reference to the sorted Keeping Fit statements, discuss and agree on some advice that might be useful for the child in each scenario.</li></ul>			
Plenary		Assessment Questions	
Show the slide with key words relating to the changes that occur during puberty. Children are to discuss the meaning of the words and then think of statements to describe puberty by using and linking two, three or more of the words shown. Ask a few children to share their statements.		<ul style="list-style-type: none"><li>Can children remember some of the initial changes during puberty?</li><li>Can children explain some of the ways in which boys' and girls' bodies start to differ during puberty?</li><li>Can children suggest some ways in which teenagers can look after themselves and stay fit and healthy during puberty?</li></ul>	