



Unit of work
RSE – Growing Up

Year group
4

Prior learning

- Recap some of the vocab from previous year:
 - Fostering, adoption, relationship

National Curriculum

- RSE
- Differences, growing up
- Puberty & reproduction
- Managing change
- Preparing for transition

Knowledge/ Skills

- To explore the human lifecycle.
- To be able to identify some basic facts about puberty.
- To know that some changes happen during puberty.
- To explore how puberty is linked to reproduction.
- To learn about the physical and emotional changes that happen in puberty.
- To explore the characteristics of healthy relationships.
- To know that respect is important in all relationships including online.
- To explain how friendships can make people feel unhappy or uncomfortable.

Vocabulary and definitions

Word	Definition
Puberty	The period which adolescents reach sexual maturity and become capable of reproduction
Life cycle	The series of changes in the life of an organism including reproduction
reproduction	The production of offspring by a sexual or asexual process
physical	Relating to the body as opposed to the mind
breasts	Either of the two soft, protruding organs on the upper front of a woman's body
sperm	semen
egg	The female reproductive cell in humans, animals and plants
Pubic hair	The hair on a person's genitals
Emotional	Relating to a person's emotions
feelings	An emotional state or reaction

Pictures/ timelines/ map/ diagrams

