



YEAR 4 - RSE CURRICULUM

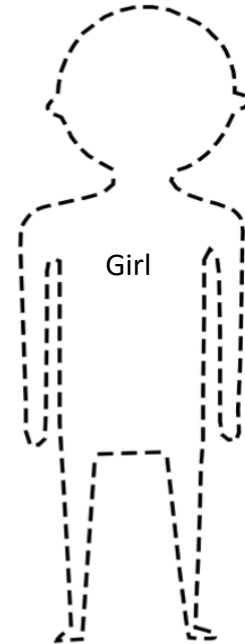
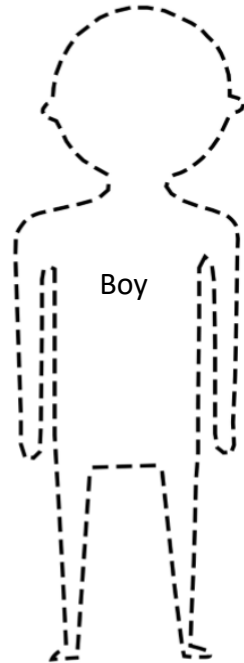


YEAR 4

Year 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4
Objective	Understand the concept of body changes through life stages.	Identify and correctly label external male and female body parts Recognise what to do to keep clean as their bodies change. Taught in gender gps, supported by School Nurse	Understand the importance of having someone to trust and go to if they are concerned about changes in their bodies or if they feel their body is not being treated respectfully.	Children know that they have a choice and can say no, when others are making them feel unhappy/ uncomfortable. Can practise strategies for managing different relationships
Key questions	How do humans change as they get older?	How are girls and boys bodies different?	Who can help me when I need advice?	How can I say no if I want to?
Problem	Someone notices that their body is not the same as their mum/ dad. How is your body different to your mum's/ dad's/ adult that cares for you. (Do privately on a piece of paper choosing adult to compare to) Collect answers and share age appropriate differences: Such as: We grow hair in different places- men grow beards/ hair on chest, armpit hair Hair grows between our legs Body hair in general Grow taller Can get more moody Our chests may change Boys voices change Girls hips widen Sweat more Get spots/ acne	Using simple diagrams of female and male bodies ask pupils to label parts Introduce/ reinforce terms Vagina breasts Penis Testicles Discuss that these develop and change as we grow older. Discuss gender specific changes. Inc: pubic hair, growth Discuss as we change it is more important to keep a good hygiene routine and to make sure we respect privacy	Who do you trust? Who do you go to for advice/ report the problem? Do you have different people for different problems? 4 scenarios: A child behind you keeps blowing on your neck at circle time what do you do? A family friend keeps kissing you and it makes you feel worried, what do you do? Your friends keep telling you that you are getting grumpier, what do you do? Whilst in the bath you notice something different about your body? It's a bit embarrassing to talk about it, but you're worried, what do you do?	What is choice? In groups give them scenarios to act out and show the choices that could have been made a) Your cousin has found a cigarette, they want you to try it, you don't want to b) Your friend dares you to kiss someone in the class you say no but they keep calling you a coward c) A family friend says that if you do something for them they'll give you money, when you find out what it is you know it is wrong d) Someone online asks you for your telephone number, the person is unknown to your family. They say they really like you, what do you do



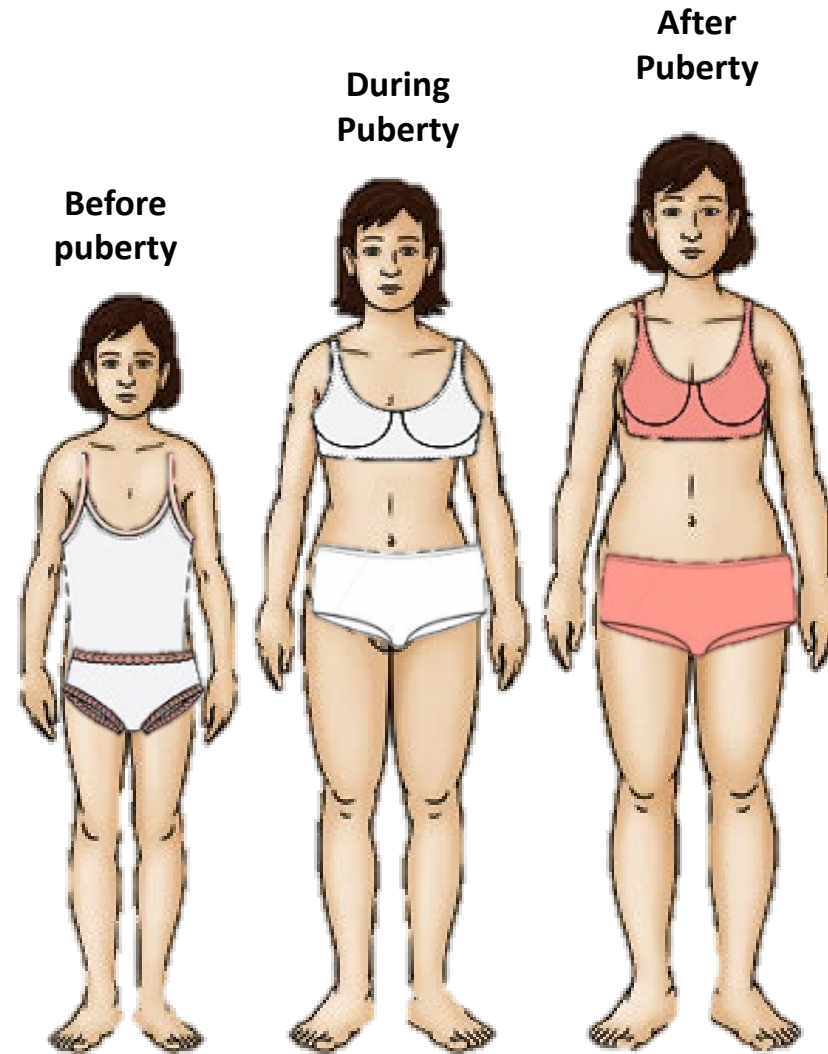
LABEL THE BODY PARTS YOU KNOW



What changes happen on the outside?

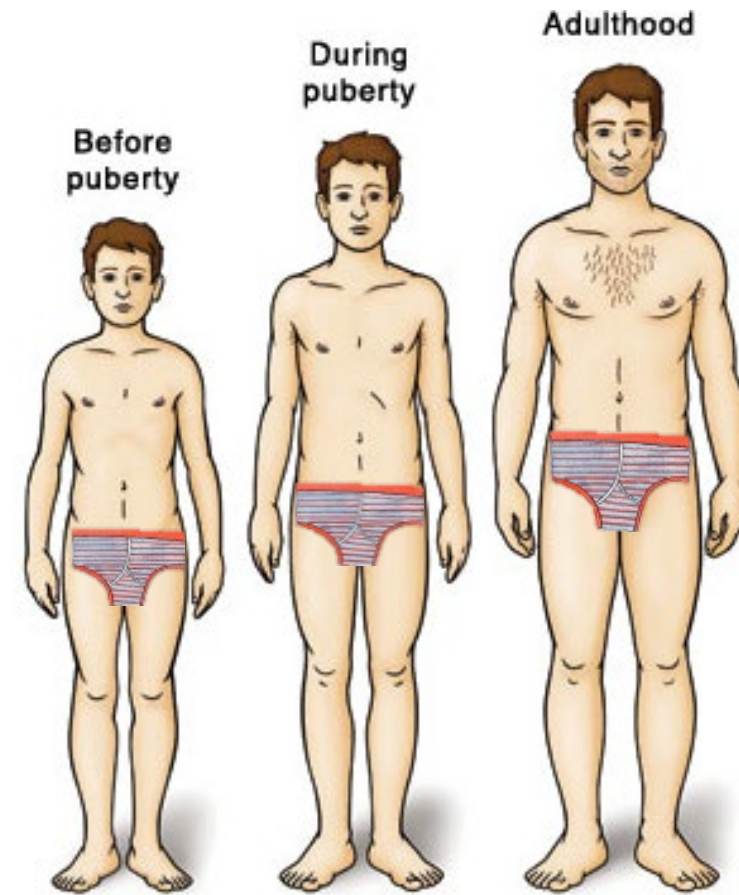
Girls

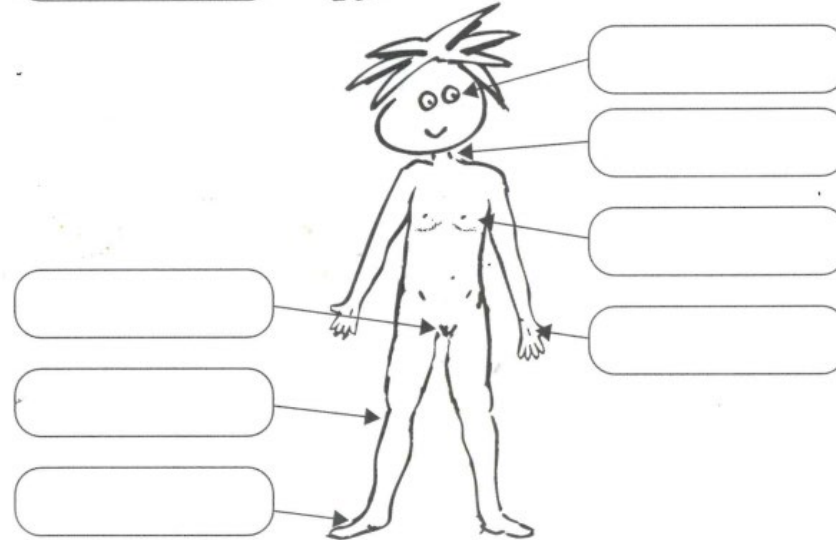
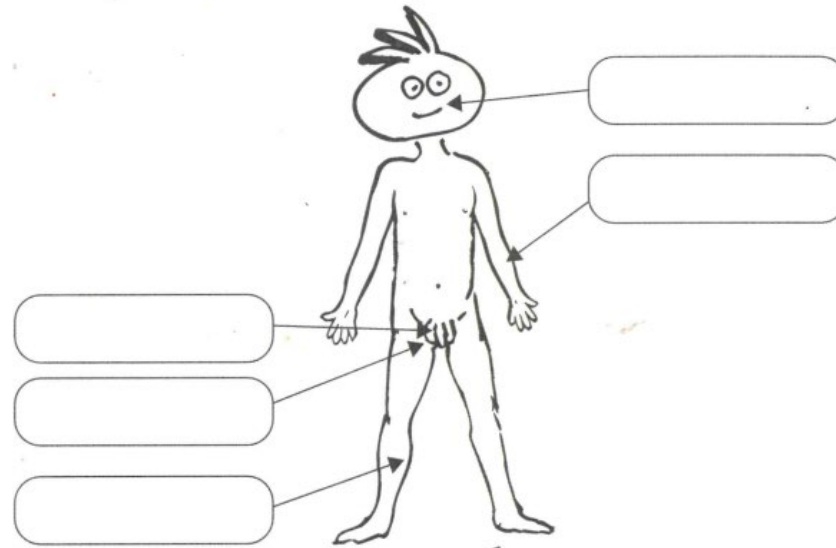
- Hips widen.
- Breasts will start to grow.
- Pubic hair will grow.
- Hair grows on legs, arms, and armpits
- Spots may appear.
- Hair might start to get greasy.



Boys

- Shoulders get broader.
- Voice deepens.
- Penis and testicles get bigger.
- Grow hair on legs, chest, arms and face.
- Grow pubic hair.
- Spots may appear.
- Hair might get greasy.





Write the name of the male and female body parts in the boxes.
What names of other body parts do you know? List them below.