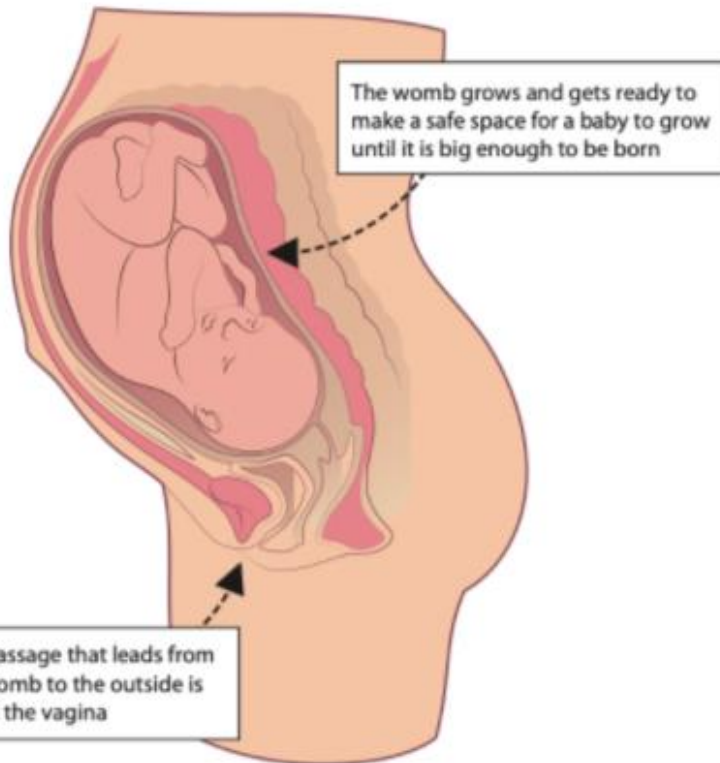


# Year 4 Knowledge Organiser PSHE: Changing Me



## Key Vocabulary

fertilise	conception	menstruation
personal	unique	characteristics
womb	ovaries	sperm



## Knowledge

- I know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- I know that babies are made by a sperm joining with an ovum
- I know the names of the different internal and external body parts that are needed to make a baby
- I know how the female and male body change at puberty
- I know that personal hygiene is important during puberty and as an adult
- I know that change is a normal part of life and that some cannot be controlled and have to be accepted
- I know that change can bring about a range of different emotions

## Social and Emotional Skills

- I can appreciate my own uniqueness and that of others
- I can express how I feel about having children when I am grown up
- I can express any concerns that I have about puberty
- I can say who I can talk to about puberty if I am worried
- I can apply the circle of change model to myself to have strategies for managing change
- I have strategies for managing the emotions relating to change

