

## Lesson 1

## Puberty and Reproduction

**Learning Intention**

To consider puberty and reproduction

**Learning Outcomes**

Describe how and why the body changes during puberty in preparation for reproduction

Talk about puberty and reproduction with confidence

**Resources**

[Puberty Changes Teacher Guide](#)

[Puberty Body Part cards](#)

[Reproduction question sheet](#)

[Reproduction answer cards](#)

[Reproduction whiteboard summary](#)

## Activities

**1. Ground Rules**

In a circle, ask the class questions to help establish some rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, no put downs or personal comments/questions); confidentiality.

**2. Learning Outcomes**

Explain that this lesson is about reproduction and that it will re-cap on puberty. Refer to the learning outcomes on the whiteboard. Discuss what they mean and how the class will know if they have achieved them.

**3. Pair and Share Puberty Changes**

If puberty has been taught previously, re-cap with the class. For reference see the [Puberty Changes Teacher Guide](#). However if puberty is a new topic, consider using activities from Year 5, Lesson 1 first.

In pairs, ask the children to discuss the changes that happen during puberty. Using a go-round ask each child to complete the following sentence: *One change that happens in puberty is ...* Ensure that the main changes have been covered.

**4. Body Parts Runaround**

Explain that the purpose of this exercise is to find out what the group knows about body parts, especially the parts relating to puberty and reproduction. Label four corners in the room: male / female / both / unsure. Using the [Puberty Body Part cards](#), call out the name of one body part and hold up the corresponding word card. Ask the children to move to the appropriate corner: e.g. uterus belongs in the female corner; nipples belong in both.

Reassure the children that it is OK to go to the "unsure corner". Ask them why they have chosen their corner and briefly discuss what they know about the body part. Call the class back to the centre of the room and go onto the next word, repeating the process. After the game, reinforce learning by going through the cards on the whiteboard one by one, using both words and pictures. Clarify any misunderstandings.

**5. Reproduction Questions and Answers**

In pairs, hand out the [Reproduction question sheet](#) and ask the children to discuss the answers to the questions. Then hand out the answer cards to the pairs and ask them to find the correct answer for each question and place it on the sheet.

**6. Reproduction Whiteboard Summary**

Ask the children to cover up their own answers. Use the [Reproduction whiteboard summary](#) to test their memory and reveal the correct answers. Discuss each answer using the [Body Parts pictures](#) for clarification where necessary.

**7. Closing Round/Review**

In pairs, complete the sentence: *One way the body changes in puberty in preparation for reproduction is ...*  
Finish with a quick go-round using their ideas to review the learning from the lesson.

## Additional Activities

**Puberty Problem Page**

Display the [Year 6 Puberty Problem Page](#) on the whiteboard and choose one of the problems to read out. Ask the whole class what advice they would give to this person. Divide the class into small groups and give out a problem to each group, using the [Year 6 Puberty Problem Page cut-outs](#). Ask each group to write a reply to their problem. Feedback and discuss their answers. For help with this activity read the [Year 6 Puberty Problem Page Teacher Guide](#). This activity could also be used as an assessment / evaluation activity.

**Menstrual Cycle Animation**

[http://kidshealth.org/misc/movie/bodybasics/bodybasics\\_female\\_repro.html](http://kidshealth.org/misc/movie/bodybasics/bodybasics_female_repro.html)

See Year 5 Lesson 2 for help with using this animation.