

HH Kids - Puberty Lessons

Lesson Content for RSE/Health Education Policy

HH Kids deliver puberty lessons in our school to Year 5 and Year 6 pupils. HH Kids are extremely experienced in the field and work closely with us to ensure they work within our school's policy and procedures. A pre-delivery meeting has been carried out with a member of staff to ensure the package meets our needs. The lessons are interactive with a wide variety of activities to meet the needs of our pupils.

Year 6

<u>Year 6 lessons</u>	<u>Lesson objectives</u>
Joint introductory lesson	<ul style="list-style-type: none"> • To explain when and how puberty starts • To outline male and female changes during puberty • To describe how the reproductive organs work and the correct names of body parts • To recognise emotional changes during puberty
Girls only lesson	<ul style="list-style-type: none"> • To explain the menstrual cycle • To outline different sanitary products, how they are used and disposal • To recognise breast development
Boys only lesson	<ul style="list-style-type: none"> • To describe the visible and emotional changes during puberty • To state the names of male external and internal body parts • To outline male body functions - erections and wet dreams • To recognise the need for maintaining good personal hygiene and testicular awareness
Joint conception and pregnancy lesson	<ul style="list-style-type: none"> • To explain conception and cell division and the terminology used • To describe the signs and symptoms of pregnancy • To outline the stages of pregnancy • To identify who can help during pregnancy and the health needs of mother and child

Year 6 – Key vocabulary

Introductory lesson

Puberty
Hormones
Ovaries
Testicles
Mood swings

Changes
Breasts
Egg
Sperm

Reproductive organs
Period
Penis
Feelings

Girls only lesson

Menstruation
Vagina
Fallopian tube
Sanitary towels
Dispose
Menstrual cup
Bras

Menstrual cycle
Uterus
Egg
Absorbency
Tampons
PMS

Menopause
Ovaries
Lining
Wings
Applicator
Breast buds

Boys only lesson

Penis
Epididymis
Urine
Semen
Uncircumcised
Testosterone
Self-check

Testicles
Vas deferens
Urethra
Erection
Circumcised
Wet dream

Scrotum
Bladder
Sperm
Foreskin
Personal hygiene
Testicular awareness

Conception and pregnancy lesson

Reproduction
Fallopian tube
Conception
Pregnancy
Midwife

Egg cell
Uterus
Cell division
Symptoms

Sperm cell
Fertilisation
Implantation
Embryo