

### Lesson 1

#### Learning Intention

To explore the human lifecycle  
To identify some basic facts about puberty

#### Learning Outcomes

Understand that puberty is an important stage in the human lifecycle  
Know some changes that happen during puberty

#### Resources

[Lifecycle whiteboard summary](#)

[Body Part Bingo cards](#)

[Bingo Flash cards](#)

[Body Changes pictures](#)

Sets of red and green coloured cards for voting

[Lifecycle Quiz slides](#)

[Lifecycle Quiz answers](#)

## Activities

### 1. Group Agreement

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, no personal questions); only say things you don't mind people knowing about.

### 2. Growing and Changing

Explain that these lessons are going to be about growing and changing, in particular how children change and grow into adults. Ask the children if they know what a lifecycle is; i.e. the stages of life, including reproduction, that a living thing goes through. Explain that they are going to look at the stages in the human lifecycle. Display [Lifecycle whiteboard summary](#) on the whiteboard. Ask at what stage in the lifecycle do humans reproduce? Do all humans grow and change at the same rate? In which stages of the lifecycle does the body change most? Emphasise that in the 'teenager' stage a person experiences a lot of changes as they develop from a child to an adult.

### 3. Define Puberty

Check whether the pupils know what puberty is; explain that this is a special time when a child gradually grows and develops into a young adult and both their bodies and feelings change a great deal. Tell the class puberty can start at any time between the ages of 8 and 16 and the changes happen gradually over a number of years; for the rest of the lesson we are going to think about how the human body changes during puberty.

### 4. Body Parts Bingo

Explain that each pair will receive a [Body Part Bingo card](#) with illustrations of parts of the human body, including the private parts. (There are four different cards, ensure each pair has a different card from those sitting next to them). Discuss how the class can manage their feelings while looking at the pictures. Select and show the [Bingo Flash cards](#) one at a time, naming and discussing each one. As the children identify a body part on their bingo card they can tick it off; continue until someone shouts Bingo! (If you put the card with the picture of the head at the end they all shout Bingo! at the same time). Lead a discussion with the class, asking questions such as: Which are female body parts? Which are male? Which parts are both male and female? Which body parts will change during puberty? How will they change? Correct any misunderstandings. Explain that males and females need their different private parts so that when they are adults they can have a baby if they choose to.

**5. Spot the Changes**

Display the [Body Changes pictures](#) on the whiteboard or print copies off for the class if easier to see. Explain that the pictures show some of the ways the body changes during puberty. Pair and share observations about what physical changes they can see in the pictures. Feedback as a whole group, highlighting changes that have not been discussed previously. Remind them to use the agreed words for the male and female body parts, which they learned in the previous activity. Try to focus the discussion on what changes they can see in the pictures, (i.e. body hair, spots on face, body shape, breasts, private parts) rather than other changes they might know about.

**6. Lifecycle True or False Quiz**

In pairs, give each pupil a pair of coloured cards: green for true and red for false. Play the role of the quiz show host, using the [Lifecycle Quiz slides](#) to go through each statement and ask pupils to vote whether they think the statement is true or false by holding up the corresponding card. Encourage the children to think about their reason(s) for deciding on true or false and check their understanding of the correct answer. Refer to the [Lifecycle Quiz answers](#) for support with answering questions.

**6. Closing round**

Introduce the talking object and do a go-round: *One way a person changes during puberty is...*

## Additional Activities

**Baby Photos**

Ask the children if they would like to bring in a photo of themselves as a baby to show the class. The photos could then be displayed and/or used to recap this session during the next one.

**Draw and Write Lifecycles**

Explain to the class that they are going to do a draw and write activity showing two parts of the lifecycle. Using the [Babies and Children worksheet](#), first ask the class to draw a baby and then write about what it can do; secondly, ask them to draw what they themselves look like now and describe how they've changed since they were a baby.