

Lesson 3 Puberty Changes and Reproduction

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes

Know about the physical and emotional changes that happen in puberty
Understand that children change into adults so they are able to reproduce

Resources

Story Bag containing spot cream, deodorant, bottle marked 'Puberty potion', girl's knickers, boy's pants, love heart
Hair in Funny Places, Babette Cole
[Body Changes worksheet](#)

Activities

1. Ground Rules and Re-cap

In a circle, remind the class of the ground rules for these lessons. Recap learning from the previous lesson and remind pupils that puberty can happen at anytime between the age of 8 and 16 and that it starts and ends at different times for everybody.

2. Introduction

Introduce the learning outcomes for this lesson, ensuring that pupils understand the words physical, emotional and reproduce. Explain that in this lesson the class will learn about two more important changes, which happen inside the body and enable humans to reproduce. The lesson will also explore how puberty affects our emotions and how we might feel as these changes happen.

3. *Hair in Funny Places*

Use a Story bag to introduce the topics covered in the story. Play some music and pass the bag round the circle until the music is stopped; ask the pupil holding the bag to take out an item and see if they can guess what the item is and what it represents. Repeat until all the items have been removed from the bag.

Read *Hair in Funny Places* by Babette Cole. As a whole class, list the physical changes that happened to the two parents caused by 'Mr and Mrs Hormone'. Ask the children to reflect on how the female character's feelings changed as her body changed and her concern that she was not developing at the same rate as her friends. Remind the class that boys could have similar feelings and concerns. Explain what hormones are and that they are activated at different times for different people. Explore how the two parents felt about each other and explain that puberty can include emotional changes such as being attracted to other people.

4. Explaining Reproduction

Explain that one of the most important differences to start inside the body during puberty is that males produce a seed, called sperm, and females produce a special kind of egg, called an ovum; a male and female need these to make a baby. Ask the class what particular thing happened to the girl and the boy in the story which meant that one day they could become a mum or a dad. Explain that the 'drop of blood' means the girl is able to produce eggs and the 'sticky stuff' means the boy is able to produce sperm. When they become adults and decide to have a baby together, as in the story, the egg and the sperm join together inside the woman's body to help make a baby. You do not need to explain at this age how the sperm gets from the man's body into the woman's body to join with the egg; if pupils are interested, you could tell them they will learn more about this in Year 6.

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What is puberty?

5. Body Changes

In pairs at tables, give out the [Body Changes worksheet](#). Ask the pairs to tick the male, female or both columns for each of the body changes. Display the worksheet on the whiteboard and take feedback from the groups, correcting any misunderstandings where necessary.

6. Puberty Discussion

Discuss with the class why puberty can be an exciting time and that there is a lot to look forward to. On the whiteboard, make a list of positive and exciting aspects of entering puberty and growing up, e.g. being given more responsibility, staying out later, getting taller, wearing make-up.

7. Review learning

- When does puberty happen?
- Why do these changes happen?
- Can we choose whether these changes happen or not?

8. Go-round

Finish with a go-round: *One good thing about getting older is ...*

Additional Activities

Suggested reading:

Where Willy Went, Nicholas Allan

Amazing You! Gail Saltz

To explore changes in puberty use the interactive puberty bodies on:

<http://www.bbc.co.uk/science/humanbody/body/interactives/lifecycle/teenagers/>