



# Welton Primary School – PSHE Knowledge Organiser

Year: 4

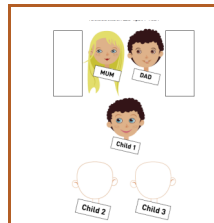
Summer 2

Changing Me



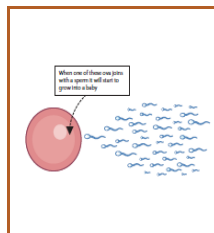
## PSHE Puzzle Piece Vocabulary

<b>Acceptance</b>	Agreeing to receive or do something.
<b>Anxious</b>	Feeling worried or nervous about something.
<b>Change</b>	When something becomes different.
<b>Characteristics</b>	Features that identify someone.
<b>Conception</b>	The act of conceiving a child.
<b>Control</b>	The power to influence how something happens or how someone behaves.
<b>Egg</b>	The more common name for an ovum.
<b>Fertilise</b>	When a male reproductive cell causes on a female reproductive cell to create something new.
<b>Making love</b>	To have sexual intercourse
<b>Menstruation</b>	The monthly cycle in a female's body where an egg is created moves to the womb and is discharged through the vagina.
<b>Ovaries</b>	Part of the female reproductive system where ova are made and stored.
<b>Ovum</b>	The female reproductive cell needed to make a baby.
<b>Parents</b>	The mother and father of an offspring.
<b>Penis</b>	Part of the male reproductive system.
<b>Periods</b>	The loss of an egg and the uterus lining through the vagina at the end of the ends of a female menstruation cycle.
<b>Personal</b>	Something that belongs to or affects a particular person.
<b>Puberty</b>	When adolescents reach sexual maturity.
<b>Range of emotions</b>	The different emotions (feelings) a person can have at different times.
<b>Seasons</b>	Different and particular times within a longer period.
<b>Sexual Intercourse</b>	Where a man's penis enters a woman's vagina in order to release sperm to fertilise an egg and make a baby.
<b>Sperm</b>	The male reproductive cell needed to make a baby.
<b>Testicles</b>	Part of the male reproductive system.
<b>Unique</b>	Only one of it's kind.
<b>Uterus</b>	Where offspring are conceived.
<b>Vagina</b>	Part of the female reproductive system.
<b>Vulva</b>	Part of the female reproductive system.



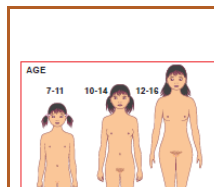
### My Own Characteristics

I can explain that I am part of my Mum and Dad. I was conceived when an egg and sperm joined together. I know that I get my characteristics from both my parents. I can explain why I might look like my parents and I can talk about how I am similar to them



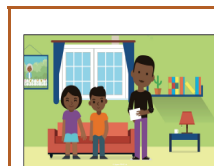
### Making Babies

I know that certain organs of the male and female produce offspring and are needed to make a baby. I can explain what things are made of, including a baby. I know why people choose to have a baby. I know that because they are small, they need lots of looking after. I know that having a baby is a personal choice.



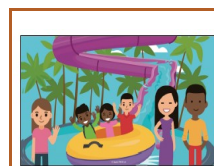
### Puberty and Growing Up

I can explain how I feel about puberty and growing up. I can say what I am unsure about and know who I can ask if I am unsure of anything. I know that girls will begin and end puberty at different stages and this is normal. I can understand why we have different objects to help during puberty and menstruation. I know the different stages in the cycle



### Change is a Normal Part of Life

I can explain how throughout our lives we change and that this happens at different stages of our lives. I know that a change starts, develops and then ends. I now that I have experienced changes in my life and can explain how they have affected me



### Different Emotions During Changes

I know that there are changes that I can control and some that I cannot. I know that these changes will make me feel differently. I can explain how I feel when change happens and know that sometimes I can/cannot control it.

### Questions to Support Learning

- Which of your characteristics did you get from your birth parents?
- Do you have any questions about the changes that happen to a girl when they grow up?
- Do you have any questions about how babies are made?
- How do you feel about the changes that will happen to you as you grow?

