

Lesson two: My body



Lesson aim:

Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.



Learning outcomes:

- I know how a baby develops
- I know how a baby is born
- I know how my body has changed so far and how it might change in the future



Resources required:

- Resource sheet: I started as an egg!
- Tape measures

Key words: foetus, puberty

Teacher notes:

Pupils may have been told a variety of stories about how babies are made or may not have been told anything and have a developing curiosity. This lesson does not address the issue of conception, but focuses on the development of the human being from conception through to puberty. If pupils raise questions about sexual intercourse or conception explain that this is something they will learn about in Year five/six RSE, or they could ask a trusted adult at home. Pupils may have been born into a range of different family circumstances. It is important to take these into consideration when completing the final box of the worksheet in Activity one. This can be achieved by not assuming every pupil has met both parents, instead asking 'who was excited to welcome you into the world'. For a looked after child who is not sure, encourage them to draw the first person they remember.

Begin the lesson by...

Explaining that in this lesson they will learn how their bodies have changed, are changing and will continue to change as they grow up. Changing and growing up can be very exciting, and it can help to know what to expect. We will start by learning how fast a foetus grows inside the mother, how fast a baby grows and how a part of this phase of growing up is called puberty. Remind pupils of the working agreement.

Activity one: I started as an egg!

Give each pupil a copy of the 'I started as an egg!' worksheet.

Explain to pupils that they started as an egg, but not an egg such as one they might enjoy eating, a very tiny egg. Ask pupils to take their pen or pencil and make a dot in the first box on their worksheet.

Explain that this is the approximate size of the egg that they started off as. The egg is a single cell that splits into two cells, and keeps doubling to four, eight, sixteen, thirty-two etc. Ask pupils to draw this in the second box. Explain that the collection of cells is called a foetus.

Read out the description from the remaining three boxes in the correct order. Check pupil understanding before asking them to illustrate these appropriately:

- At approximately eight weeks, the foetus is the size of a kidney bean and has a head, little arms and legs.
- At approximately 24 weeks, the mother will look pregnant and be able to feel the baby moving around inside her.
- At approximately 40 weeks, the baby is ready to be born. Draw a picture of who was excited to welcome you into the world!

Ask pupils to look at the dot that represents the egg in the first box. Tell them to think about how amazing it is that they have grown into the people that they are, with all their unique differences from something as tiny as a dot!

Activity two: How I've changed and developed

Divide the class into small groups. Give each group a tape measure. Tell pupils to take it in turns to measure their heights and record this. Explain that the average baby measures 50cm when it is born. Tell pupils to work out how much they have grown since they were born.



What can you do now, that you could not do as a small baby?

Encourage pupils to think about the physical and emotional developments.

Suggested answers: *walking, starting school, growing hair, becoming more independent and responsible, being more patient, riding a bike, using a toilet, speaking etc.*

Activity three: Puberty predictions

Explain to pupils that just as a foetus grows and changes fast and a baby grows and changes fast after it is born, children continue to grow and change as they become teenagers and then adults. Tell pupils that some of these changes are known as puberty. Puberty is a time when we change from being a child to being a young adult. The body and emotions are very busy during puberty. It is helpful to be ready for puberty so you know what to expect.

Either draw around a pupil or provide a life size body outline.



How might the body change as you continue to grow and develop? How might your emotions and feelings change as you continue to grow and develop?

Write/illustrate each suggestion on the outline. Ensure that the following are included:

- Arms and legs grow longer
- Hands and feet grow larger
- Bones in the face grow bigger and longer, and the face looks more adult-like
- Hair on the arms and legs grows thicker and longer
- Body gains weight and grows taller
- Sudden growth spurts (may make them feel tired and hungry)
- Skin and hair becomes more greasy
- Hair grows under the arms
- Soft hair grows around the genital region
- Shoulders and chest broaden
- Start to sweat
- Spots
- Greasy hair
- Body gets more shapely
- Breasts and nipples start to grow larger



What responsibilities and things will you be trusted to do when you are older, that you are too young to do now?

Suggested answers: *Travel on a bus/train on your own, walk to school by yourself, choose your own clothes, have a later bed-time.*



Extension:

Tell pupils to draw a picture of what they think they might look like when they are older.

Finish the lesson by:

Providing pupils with an opportunity to ask questions. Ask pupils to describe some of the things they can anticipate happening to their body when they experience puberty. Remind pupils that everybody is different. Reassure pupils that it is natural for people to grow, develop and experience puberty at different times. Signpost pupils to who they can talk to in school if they have any concerns or questions about what has been taught in the lesson.



Assessment:

Activity one: Pupils have demonstrated a clear understanding of basic foetal development through illustrating the 'I started as an egg!' worksheet.

Activity two: Pupils identified physical growth experienced from birth to date and considered emotional maturity through discussion.

Activity three: Pupils demonstrated an awareness of anticipated physical changes to the body as they approach and move through puberty including emotional changes through a body outline that was adapted to reflect their suggestions.

Evidence of assessment: 'I started as an egg!' worksheet; completed body outlines.

<p>This is the size I started off as.</p>	<p>The single cell doubles into two cells.</p>	<p>The cells keep doubling: 4, 8, 16, 32 and so on. These cells are called a foetus.</p>
<p>At approximately 8 weeks, the foetus is the size of a kidney bean and has a head, little arms and legs.</p>	<p>At approximately 24 weeks, the mother will look pregnant and be able to feel the baby moving around inside her.</p>	<p>At approximately 40 weeks, the baby is ready to be born. Draw a picture of who was excited to welcome you into the world!</p>