

YEAR 4 PSHE - RELATIONSHIPS

KNOWLEDGE ORGANISER



Overview and Recap

At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'

In Year 4 this year, we will learn:

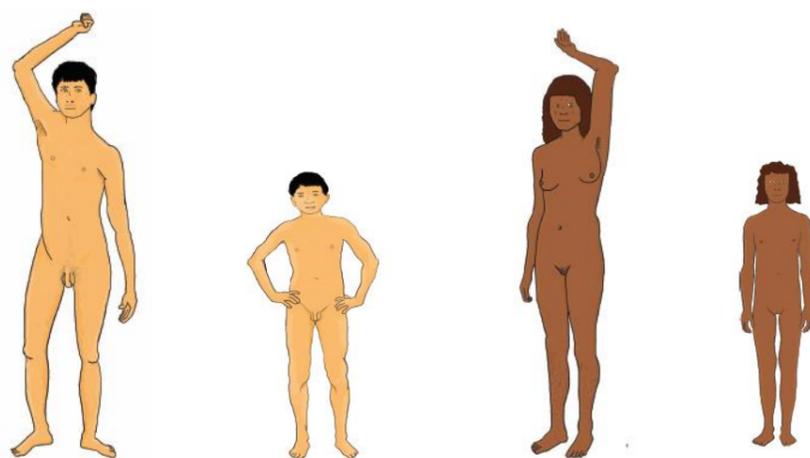
- To describe the main stages of the human lifecycle
- To describe the body changes that happen when a child grows up
- To discuss male and female body parts using agreed words
- To know some of the changes which happen to the body during puberty
- To know about the physical and emotional changes that happen in puberty
- To understand that children change into adults so that they are able to reproduce



CHANGES TO OUR BODY DURING PUBERTY

Puberty 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. This can start as young as 8 and carries on during the teenage years.

- As we grow up, we get taller and grow more **hair** on our bodies.
- Puberty** is the time when a child grows and changes to become an adult.
- The hair around the private parts is called **pubic hair**.
- Males have a **penis** and females have a **vulva** and a **vagina**.
- Behind the penis, the male has two **testicles**.
- The vagina leads up to the woman's **womb** which is where a baby grows.



REPRODUCTION

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.

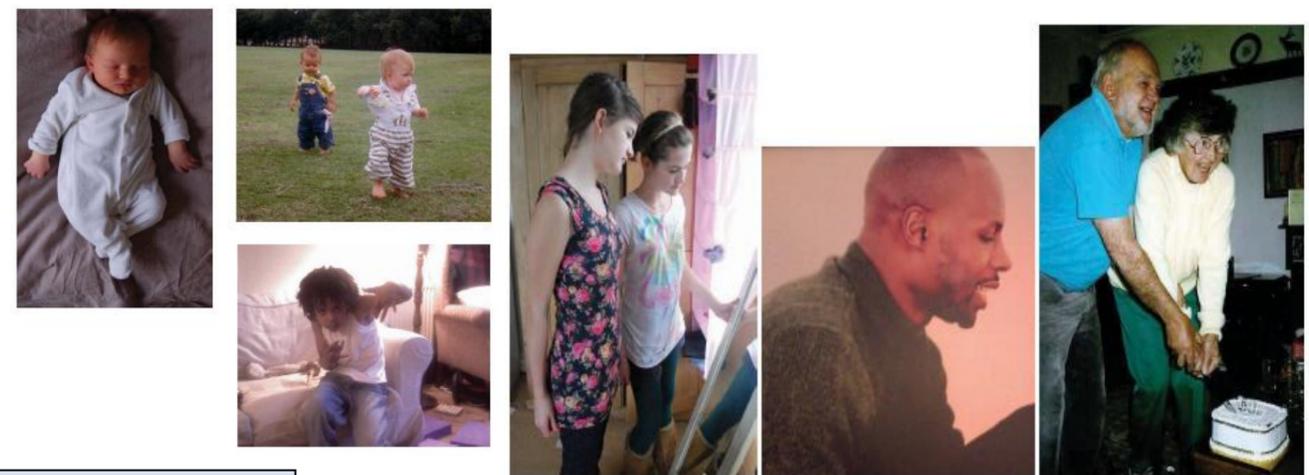


When they become adults and decide to have a baby together, the egg and the sperm join together inside the woman's body to help make a baby.

LIFECYCLE OF A HUMAN

Like all living things, humans have a life cycle. Every human being goes through the same stages of life in the same order. Most people who live in wealthy countries live to between 60 and 90 years of age, although some people live to be over 100 years of age!

- Foetus** - All people start off life as a foetus in their mother's belly. A foetus grows in the womb surrounded by liquid and gets its nutrition through a tube called the umbilical cord. When a woman has a foetus growing inside her, we say that she is pregnant. Doctors can take a photo of a foetus using an ultrasound scanner.
- Baby** - After around nine months (sometimes a bit longer; sometimes a bit less) the mother gives birth. From birth to around two years of age we say a child is a baby (we count people's ages from the day that they are born). Babies cannot do much for themselves and need to be fed (with milk at first, then later with food) and have their nappies changed.
- Child** - From three years old to twelve years old you are a 'child'. Children are more independent than babies, and they continue to become more independent as they get older; for example, they can eat food that is given to them and dress themselves. Between three and five years old children start to go to nursery and to school.
- Teenager** - Teenagers are more independent than children; for instance, they can get jobs to earn money for themselves and can learn to drive at sixteen. However, teenagers still live with their parents and rely on them to pay the bills! Knowing which ages are included in the teen years is quite easy, as they end in 'teen' e.g. thirteen.
- Adult** - Although eighteen and nineteen end in 'teen', people of this age are actually now adults. Adults have grown as much as they are going to and usually live independently in their own houses. Most adults get full-time jobs to pay for their own food, bills and other things that they buy. Adults can also have babies of their own!
- Elderly** - By the age of around 67, most people have worked hard throughout their lives and they can retire (stop working). Elderly people are not as strong as when they were younger and get tired more easily. However they can still have fun and stay active, like the couple in the photo. If their children have had children, they will be grandparents.



Key Vocabulary

Foetus Baby Toddler Child Teenager Adult Elderly lifecycle puberty seed sperm egg ovum body
 changes reproduction penis testicles vagina/ vulva womb male female puberty pubic hair emotions