



Knowledge Organiser - Summer 2 - Changing Me

Year 4



Knowledge	Social and Emotional Skills	Questions
<ul style="list-style-type: none">• Know that personal characteristics are inherited from birth parents• Know how the female and male body change at puberty• Know that personal hygiene is important during puberty and as an adult• Know that change is a normal part of life and that some cannot be controlled and have to be accepted• Know that change can bring about a range of different emotions	<ul style="list-style-type: none">• Can appreciate their own uniqueness and that of others• Can express any concerns they have about puberty• Can say who they can talk to about puberty if they are worried• Can apply the circle of change model to themselves to have strategies for managing change• Have strategies for managing the emotions relating to change	<ul style="list-style-type: none">• 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?• How do you feel about the changes that will happen to you as you grow?

In this Puzzle bodily changes at puberty are revisited with some additional vocabulary, particularly around menstruation. The unit ends by looking at the feelings associated with change and how to manage these. Children are introduced to Jigsaw's Circle of change model as a strategy for managing future changes.

Key Vocabulary

Personal, Unique, Characteristics, Parents, Penis, Testicles, Vagina, Womb, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy.