

Health and Wellbeing: How will we grow and change?

PSHE

Year 4: Summer 1

Sticky Knowledge

What changes do we go through during puberty?

Why is good hygiene important especially during puberty?



Key Vocabulary

Vocabulary	Definition
puberty	The physical stage of development between childhood and adulthood.
menstruation	When the female body discharges the lining of the uterus. This happens approximately once a month.
personal hygiene	how you care for your body. This practice includes bathing, washing your hands, brushing your teeth as ways to keep germs and bacteria away.

NB: This will also be taught with the Science curriculum. See Science Knowledge Organiser.