

Growing-up and life cycles

(if you have any questions during these lessons please write it on a post-it note, fold it up and put it in the box on my desk – no names needed!)

Year3 :

Hygiene

How have I changed since I was a baby?

Why do animals have babies?

Coping with change



lesson 1: hygiene

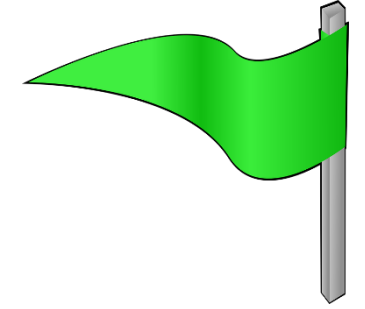
LI: describe ways we can keep ourselves clean

We will be able to:

- ✓ Describe how often we should wash ourselves
- ✓ Why we need to keep ourselves clean
- ✓ The impact it may have if we don't

Growing and Life Cycles

What's our starting point?

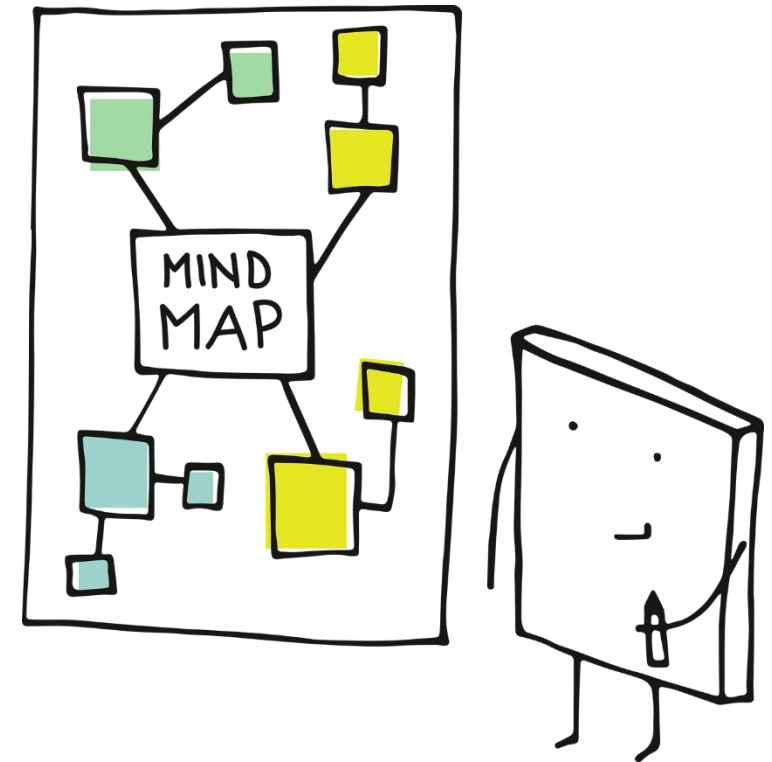


Imagine a young person about your age or a little older.

- What might they do to keep themselves looking clean and smelling fresh?



Draw a mind map and try to include as many answers to the question above as you can.



What body parts do we need to pay special attention to while keeping ourselves clean?

 Draw a person and write your answers around them.

Hair

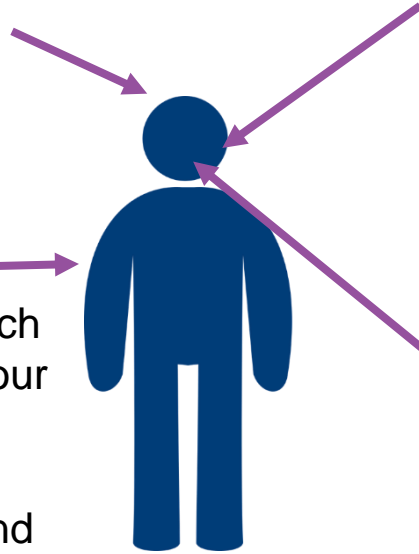
We need to wash and clean our hair to keep it looking and smelling good – hair can absorb odours such as smoke and food smells. Keeping our hair clean makes it easier to brush and manage. Finally, we can also make sure our hair is critter free.

Body (odour and dirt)

During PE and play times we get hot and sweaty which can make our bodies and clothes smell – especially our feet.

Showering or bathing frequently using warm water and a mild soap can help keep the smell and bacteria (that we produce when we are active) under control. Wearing clean clothing can also help to keep us clean.

If you notice that you are starting to sweat more than you did before deodorants can help keep the smell nice.



Washing our Face

We need to wash our faces everyday – ideally before bed and when we get up in the mornings – germs from our hands transfer to our face – which can cause issues such as eye sores, ulcers in the mouth and when you get older spots!

Brushing our teeth

We need to brush our teeth twice a day for at least 2 minutes. You should brush with a soft or medium bristled tooth brush in a round/circular motion. Make sure you do the front, back and tops of the teeth. If you don't you can get gingivitis (poorly gums), tooth decay (these can require fillings at the dentist), bad breath or tooth discolouration.



How often should a person do each of the activities below?

Write the three purple headings in your book; write an activity from the list under one of the time headings. We will self-assess with a red pen and correct if needed.

Click each of the headings to reveal answers.

Activities

- Washing hair
- Brushing hair
- Brushing teeth
- Showering or bathing
- Changing underwear
- Washing PE kit
- Wash day-to-day clothes

Every day

A few times a week

Once a week

Activity 1 -

Create a fact sheet or poster to show children what they need to keep clean, why and how.

I will put the information slide back on so you can make sure your information is factual and accurate.

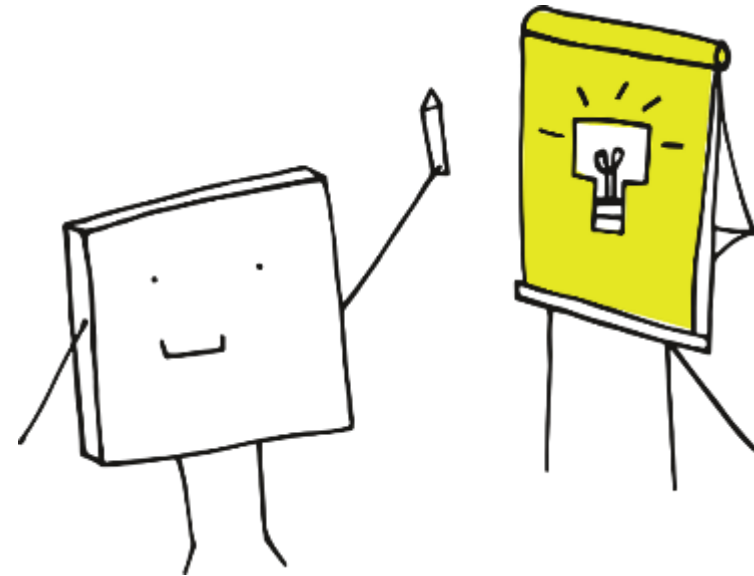


Growing and changing. Where are you now?

Look back at your mind map from the start of the session.



Can you add to or change anything that you have written about personal hygiene e.g. why we have to do it, how frequently or consequences if we don't!



Remember!

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lesson 2: How have I changed since I was a baby?

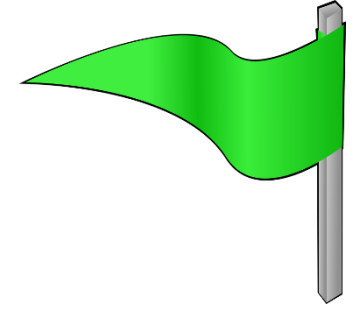
LI: To be able to describe some of the changes that take place while growing-up

We will be able to:

- ✓ Describe milestones that we meet as we develop
- ✓ Ways in which we are the same and different
- ✓ Ways in which I will continue to grow and change

Growing and Life Cycles

What's our starting point?



Look at the picture of the baby on the next screen or the one you have brought in of yourself and now look at yourself in the mirror provided.

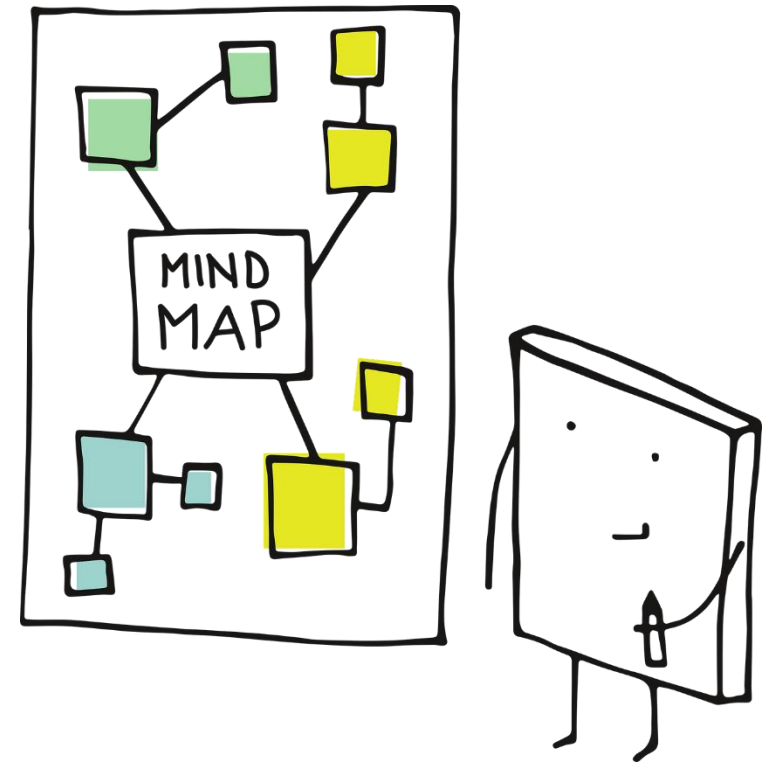


Make a list of the things that are the same and things that are now different since you were a baby – you may want to make simple table like below.

Same



Different





Discussion Point: Why do you think we are born small and grow over time?

Babies

All babies are born helpless.
They need a parent to do everything for them.



What does a parent do to take care of a baby?

Answer

- Feed the baby milk.
- Keep the baby clean and healthy by changing its nappy and bathing it.
 - Make sure the baby is warm and comfortable.
 - Play with the baby.
 - Give the baby lots of love.

Toddlers



At about 1 year old babies start to develop lots of new skills.

They learn to walk and talk. They are a bit wobbly on their feet. They start trying to do things for themselves such as holding the spoon when feeding or building a tower of bricks.

They stop drinking just milk and start to try lots of different food. Toddlers grow and develop muscles to help them move around.

What does a parent have to do to their house to take care of a toddler?

Answer

- Fit a stair gate to stop accidents when the toddler want to go exploring.
 - Cover all plug sockets so a toddler can't stick things to them.
 - Buy toys that are safe to play with.

Child



This is the stage of life you are at! Children are aged 3-12.

During these years you learn lots of new skills such as reading and writing, counting, kicking a ball, swimming, riding a bike.

You have lots of new experiences like starting school, going on a sleepover or getting a pet. You try different foods and develop tastes you like and dislike. You grow, both in body size and weight.

What changes are happening to you at the moment?

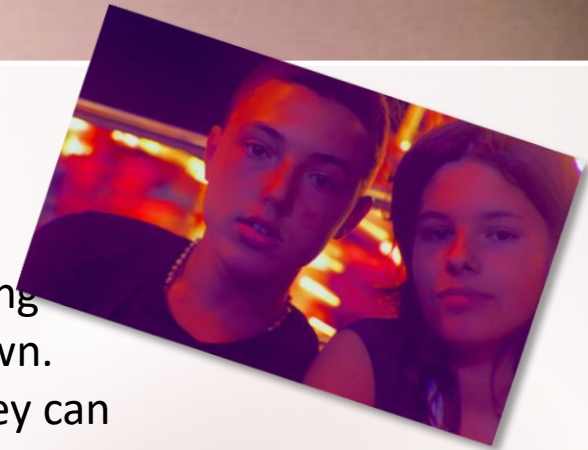
Answer

- Wobbly tooth.
- New shoes because feet have grown.
- Starting to go to play at your friends houses without mum or dad being there.
- Going to bed later.

Discussion Point - What stages do you think come next? Is there more than one?

Teenager

Teenagers are aged between 13 and 19. Teenagers are getting ready to become adults. They want to try things on their own. Teenagers eat a lot because they grow and change a lot. They can get spots and their hair changes. They can sometimes be a bit grumpy! This is because new hormones are growing and changing in their body. Teenagers grow fast so they eat a lot!



How can you tell someone is a teenager?

Answer

- Taller than a child.
- Often out without a parent to look after them.
- Might have spots.

Adult

Once you are an adult you are fully grown.

It is important you eat healthily and exercise to keep your body working well.

Adults can have babies of their own.



**Who are the adults in your family?
Why are they different to you?**

Answer

- Get married.
- Make their own families.
- Have to watch diet and weight to stay healthy.

Elderly

Adults continue to age throughout their lives. You are classed as elderly after the age of 60, but many adults of this age don't feel old!

Elderly people begin to slow down as their body ages. Their skin goes softer and more wrinkly. Their eyes stop working as well and often need glasses. Joints and muscles can ache more. You shrink! Just a bit, but your bones are not being remade as they were when younger.



What signs can we see that some one is elderly?

Answer

- Softer skin.
- Grey hair.
- May need help to move around.

Task







Make a timeline to show how a human changes from baby to an adult.

Growing Up
My Timeline

Fill in the timeline to show what you looked like when you were a baby, a toddler, what you look like now, and what you think you will look like as an adult.

Write about the different things that you could do when you were a baby, a toddler, what you can do now, and what you will be able to do when you grow up.

| Baby | Toddler | Child | Adult |
|---|--|--|--|
|  |  |  |  |
| <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> |

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lesson 3: Why do animals have babies?

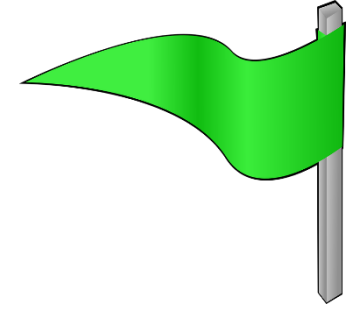
LI: To be able to suggest why animals including humans have babies

We will be able to:


- ✓ Describe why animals have babies
- ✓ That some reasons for having a baby are more positive and better than others
- ✓ What conception is

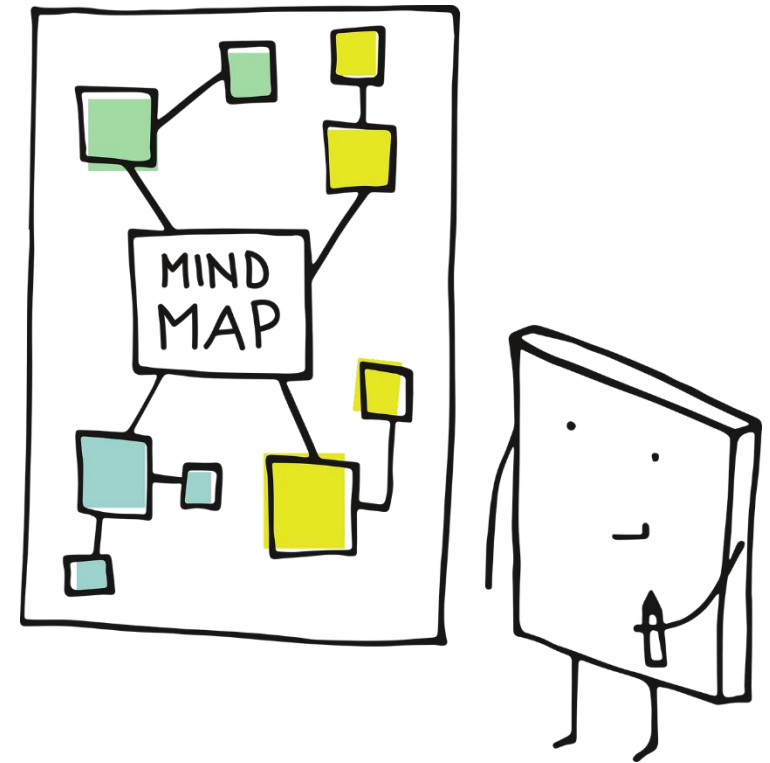
Growing and Life Cycles

What's our starting point?



Look at the picture of the human and animal on the board –

-  Can you write a sentence to suggest why animals including humans have babies?





Discussion Point:

What reasons did you write in your book as to why animals including humans have babies?

Do we agree or disagree?

Some reasons why animals reproduce...

Animals reproduce to introduce different genetic combinations so that the species can evolve (so that it doesn't die out/become extinct).

Animals reproduce to continue their existence and make their own genes are transferred to their Offspring's (survival of a family line).

Animals reproduce to maintain the natural life cycle and to keep the population growing and expanding.

Discussion point: Why do humans reproduce; are the reasons the same as on the last slide?

_having a baby will make them happy

_to have a family to grow old with

_to show commitment and love to their partner

_not be lonely

_babies and children are fun

_love

_they would like a child as they think it is the right thing to do; their friends and family are having them so they should

_So someone will look after them when they are old

Discussion Point: Are some of these reasons better than others?

- _having a baby will make them happy
- _to have a family to grow with
- _to show commitment and love to their partner
- _not be lonely
- _babies and children are fun
- _to love and to be loved back
- _they would like a child as they think it is the right thing to do;
- they friends and family are having them so they should
- _So someone will look after them when they are old

Activity 1

Cut out the statements as to why humans and animals might have babies – can you order them from the best reasons at the down to poorer reasons.

There is no right or wrong answers but you must be able to talk about your choices/decisions!

_having a baby will make them happy

_not be lonely

_babies and children are fun

_continue their existence and make their own genes are transferred to their Offspring's (survival of a family line)

_love and to be loved

_they would like a child as they think it is the right thing to do; they friends and family are having them so they should

_introduce different genetic combinations so that the species can evolve

So someone will look after them when they are old

_to show commitment and love to their partner

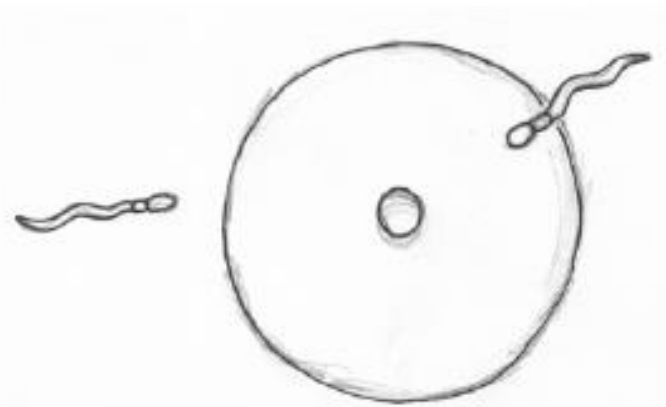
_to have a family to grow old with

How are babies conceived?

For the majority of animals (but not all) conception has to take place for a baby to be born; this usually happens when a male sperm fertilises a female's egg.

There can be internal fertilisation – where the egg is fertilised whilst inside the female or external fertilisation where the egg is fertilised outside of the female.

Fertilisation is when a male sperm combines with a female egg – once this happens the fertilised egg will become a foetus, which will grow into a baby that will eventually be born or hatch!



A sperm finding and fertilising an egg



Human



Mouse



Snake

Reflection:

Can you state two reasons why animals including humans may want to have a baby (reproduce)?

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lesson 4: Coping with Change

LI: To be able to suggest ways we can cope with change

We will be able to:

- ✓ Describe changes that people may go through
- ✓ Whether these changes are big or small
- ✓ Ways we can cope with the change

Changes in our lives

- Moving to a new house or school
- A wedding
- Getting a pet
- Needing to wear glasses

Which changes have happened to you?



Discussion Point – do different changes have more impact on our lives than others?



BIG IMPACT

MEDIUM IMPACT

NOT MUCH IMPACT

Can you suggest some changes that can go under each heading?

Where might these changes be placed?

- | | |
|--------------------------|--|
| Moving house | Making a new friend |
| Getting a new pet | Wearing glasses for the first time |
| A new baby in the family | Starting a new hobby or learning a new skill |
| Changing schools | Trying a new food |
| Changing classes | Getting taller |
| Getting new shoes | |



BIG IMPACT

MEDIUM IMPACT

NOT MUCH IMPACT

Talk Partners - With the person next to you can you discuss the following and have some suggestions to feedback to the class.

Ella's big change

Ella is moving house and also moving school.

- Which good feelings might Ella have?
- Which not so good feelings might Ella have?
- How could you help Ella with her not so good feelings?



Advice we could give Ella

- Give yourself time to prepare for this change.
- Talk to someone you trust about what you are worried about.
- Carry on doing the things you enjoy.
- Stay connected with friends.
- Make some of your own choices (e.g. whether you have school dinners or a packed lunch, etc.)
- Talk about positive changes that have happened in your life before.

Change will happen to all of us so we need to have some ways in which we can manage our feelings when change occurs!

Reflection:

Why might some people see a change as a good thing while others might see the same change as not so good?

If I was feeling worried about a change, I could...

In your books
complete the following
reflection sheet

★ _____

★ _____

✦ _____

Write down two things that you could do to help yourself with future changes;

Write down something that;

Future changes you are worried about,

Something that you may still feel confused about

