



Year 4 - Summer 2 - PSHE Knowledge Organiser



What I already know...

- The changes that happen from birth (animals and humans)
- How babies grow and what they need
- How boys' and girls' bodies change on the outside and inside as we grow
- Why change is necessary as we grow older
- Family stereotypes
- The things I am looking forward to

What I will learn...

- Personal characteristics and how some may have come from my birth parents
- Internal and external parts of male and female bodies
- The responsibilities of parenthood
- Puberty and menstruation
- The circle of change and changes I can have some control over
- Changes that are outside of my control and strategies I can use to cope with these

Key Vocabulary

characteristics	a special feature or quality that makes something, like a person or animal, stand out from others
parents	a person's father or mother.
gene	a tiny instruction manual that tells your body how to grow and work
feelings	what you experience inside your body and mind, like happiness, sadness, anger, or fear
responsibilities	doing what you're supposed to do, making good choices, and taking ownership of your actions
influence	having the power to change how someone thinks or acts
puberty	the natural process where a child's body changes and matures into an adult
menstruation	a normal part of a girl's or woman's body's cycle when they are ready to have a baby
menstrual cycle	It's a process where the lining of the uterus (the womb) thickens, gets ready to receive a fertilized egg, and then sheds if there isn't one.
periods	the monthly bleeding that girls and women experience as part of their reproductive cycle
change	becoming different

Making a difference at The Merton and beyond

In this unit, we help children learn about coping positively with change. We will explore how they are unique human beings and the physical and emotional changes they may experience during puberty. They will understand how these changes will benefit them and how they could express these feelings, such as fears and concerns about change.

PSHE skills:

Disciplinary Knowledge:

PSHE skills I will learn...

- Cooperation, teamwork and how to work well as a group
- Resilience, self-belief and the importance of hopes and dreams.