



BODY CHANGES DURING PUBERTY

Summary	After a brainstorm session, 'What do you know about puberty?', students will use topic 'packs' to teach each other in groups about the physical changes that occur both internally and externally during puberty. They will then test the knowledge they have learned with a quiz.
Time needed	1 hour
Age	11-14
Learning outcomes	<p>By the end of the lesson:</p> <p>All will learn about the physical changes that happen to their bodies, both inside and out, at puberty. Most will understand the menstrual cycle and its role in human reproduction. Some will understand the role of hormones in the regulation of the body's functions.</p>
What you will need	<ol style="list-style-type: none">1. Changing Body Lesson 1 PowerPoint. Assuming a class of 30, print off five copies of each of the six topic screens (or however many you need for your class). These are slides 4 – 9 in the Powerpoint. You can also laminate these for use in future classes.2. Make up 'packs' of the six different topic sheets to give to each of the five groups during the main activity.3. Changing Body Lesson 1 Worksheet 1: How the body changes during puberty quiz.4. Some Post It notes.5. Timer.
Activity note	This is a lesson that can be taught in a mixed group.



STARTER	<p>Starter: What do you know about puberty? (10 mins)</p> <p>Show the class PowerPoint Screen 2 - What do you know about puberty? Ask them to write everything they know about puberty on their Post-It Notes. Give them five minutes to do this.</p> <p>After five minutes – Stop! Create a mind map or spider diagram on the board with the word ‘puberty’ in the middle. Pick students at random to come and write one of their puberty facts on the mind map/spider diagram. You could also ask groups of three students to come up, give them whiteboard pens, ask them to write one of their ideas, then pass the pens to other students of their choice, until everyone has had a turn or there are enough ideas on the board.</p> <p>The mind map can stay on the board to be referred to throughout the lesson.</p>
MAIN	<p>Main activity: Teach yourself puberty (10 mins)</p> <p>Use PowerPoint Screen 3 - Changing Body activity instructions to organise the class into five groups of six (assuming a class of 30). Students should agree among themselves who will present which topic to each other. If you would prefer to create mixed ability groups, you could organise this prior to the lesson.</p> <p>Give them five minutes to read their topic sheets and make notes of the most important information. Encourage them to think about the best way to get that information across to their group. Students should aim to get at least five key pieces of information down. After five minutes, take the topic sheets away. You could collect your students’ notes at the end of the lesson for assessment.</p> <p>Each student then has two minutes to teach their group about their topic. Set a timer for two minutes each time and when it sounds, a new ‘teacher’ takes over. After 12 minutes, all the topics should have been taught.</p>
PLENARY	<p>Plenary (20 mins)</p> <p>Students go back to their individual places. Hand out Worksheet 1 - How the body changes during puberty quiz and ask the students to answer the questions. Then, they swap papers and mark each other’s quizzes. Regroup briefly in their groups of six and add up their members’ totals. Was there a winning group? Collect in the Worksheets to assess how much knowledge your class has learned.</p> <p>Answers to the quiz:</p> <p>1c, 2a, 3b, 4a, 5a, 6b and c, 7e, 8e, 9a, 10a, 11d, 12a, 13f, 14a, 15a, 16t, 17a, 18c, 19c, 20c</p>