**Year 4 Spring 2 Health and Wellbeing**

**How Will We Grow and Change?**

A blue and white logo

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**Previous Learning:**

**Year 2 Health and Wellbeing**

**What helps us grow and stay healthy?**

* that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest
* that eating and drinking too much sugar can affect their health,

including dental health

* how to be physically active and how much rest and sleep they

should have everyday

* that there are different ways to learn and play; how to know when to take a break from screen-time
* how sunshine helps bodies to grow and how to keep safe and well in the sun

**Vocabulary**

* Growing and changing
* Puberty
* Menstruation
* Menstrual wellbeing
* Erections
* Wet dreams
* Hygiene

**Key Knowledge for unit**

**Children will learn:**

* about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams
* how puberty can affect emotions and feelings
* how personal hygiene routines change during puberty
* how to ask for advice and support about growing and changing and puberty