

FOURTH GRADE: GROWTH & DEVELOPMENT GIRLS

OBJECTIVES: The Growth and Development class will assist the students in better understanding:

- The physical and emotional changes that occur during female puberty and recognize that they are a normal part of growth and development
- Menstruation is a bodily function which occurs in the normal development of a girl into a woman
- The additional care that is needed to maintain good personal hygiene

SESSION: Time: 50 minutes

1. Introduce the lesson topic and show a movie that supports the curriculum
2. Review the video - emotional and physiological changes that occur in puberty and associated terminology
3. Discuss basic hygiene practices for girls this age
4. Review previously written questions and encourage the girls to involve their parents/guardians in discussions associated with puberty

FOURTH GRADE: GROWTH & DEVELOPMENT BOYS

OBJECTIVES: The Growth and Development class will assist the students in better understanding:

- The physical and emotional changes that occur during puberty and recognize that they are a normal part of growth and development
- Key terms associated with the male reproductive anatomy and basic physiology of this body system
- The additional care that is needed to maintain good personal hygiene

SESSION: Time: 50 minutes

1. Introduce the lesson topic and show a movie that supports the curriculum
2. Review the video - emotional and physiological changes that occur in puberty and associated terminology
3. Discuss basic hygiene practices for boys this age
4. Review previously written questions and encourage the boys to involve their parents/guardians in discussions associated with puberty

