|  |  |
| --- | --- |
| WALT 1: describe the changes people’s bodies go through during puberty and how we can look after our changing bodies | WALT 2 : Understand the menstrual cycle* I know that the menstrual cycle is the process where the body thickens the lining of the uterus and releases an egg needed for pregnancy
* What happens before and during menstruation
* I know what menstrual products are and why they are used
 |
| We are learning to identify emotional changes and behaviour during pubertyI know that emotional changes in puberty are caused by hormones.I know that emotional changes in puberty can lead to changes in behaviourI know strategies for managing changes in emotion during puberty  | Understand the importance of having a healthy lifestyle during pubertyI know a healthy diet rich in iron, calcium and vitamin D is important during pubertyI know puberty causes changes in our sleep cycleI know the importance of a healthy sleep routine and the strategies for this  |