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| 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 puberty  I know that emotional changes in puberty are caused by hormones.  I know that emotional changes in puberty can lead to changes in behaviour  I know strategies for managing changes in emotion during puberty | Understand the importance of having a healthy lifestyle during puberty    I know a healthy diet rich in iron, calcium and vitamin D is important during puberty  I know puberty causes changes in our sleep cycle  I know the importance of a healthy sleep routine and the strategies for this |