GRADE: 5  
Lesson 1  
(sex-separated-BOYS ONLY)  

TIME:  
One class period  

LESSON FOCUS: Physical changes that occur during puberty.  

STATE STANDARD:  
5.4 The student will recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.  

DESCRIPTIVE STATEMENT:  
Physical changes that occur during puberty are summarized. Topics included are nocturnal emissions and erections; menstruation; instability of emotions, such as mood swings during puberty; development of a positive attitude toward one's sexuality; and the relationship between changes during puberty and one's ability to conceive and bear children.  

LEARNING TARGET:  
I can recognize the physical changes that occur during puberty and relate these changes to the increased need for personal hygiene.  

KEY TERMS:  
- Oil  
- Sweat glands  
- Odor  
- Pituitary glands  
- Brain  
- Sperm  
- Menstruation  

Grade: 5 Lesson 1 Sex-Separated
ENGAGE AND EXPLAIN:
1. **Think/Write/Pair/Share:** Ask students to list as many physical/emotional changes that take place during puberty before the teacher says stop. (Slide 2). **Note:** if students are not comfortable sharing, they may just brainstorm independently.

ACTIVE LEARNING:
1. Distribute activity sheet, Boy to Man (Slide 3).
2. Have students watch the video, *My Changing Life: Boys*, in its entirety (accessible via The Stream) and answer the questions on the handout (Slide 4).
3. Review answers with students at the conclusion of the video (Slide 5).

REFLECTION:
If you have a question that you do not feel comfortable asking out-loud, please write it on the “I Have a Question” sheet and give to the teacher.

**MATERIALS NEEDED:**
- PowerPoint 5th Grade Lesson 1 *BOYS ONLY*
- Sheet of notebook paper
- Strategies for lesson are listed in red within the lesson (all strategy procedures are listed at the bottom of the lesson plan).

**Video:** *My Changing Life: Physical Changes for Boys* (located on The Stream)
LESSON CLOSURE:

3 - 2 - 1 (strategy): On a piece of paper:
- List under number one: 3 new things you learned today.
- List under number two: 2 things that connected to you in some way.
- List under number three: 1 question you have about anything in this lesson.
Collect the activity sheet.

Think/Write/Pair/Share (strategy):
1. In response to a teacher prompt or question, students THINK,
2. Then write a response,
3. Share ideas with someone next to them.

3 - 2 - 1 (strategy):
Students summarize some key ideas, rethink them in order to focus on a connection to their lives, and then pose a question that can reveal where their understanding is still uncertain.
3-2-1

3 New Things You Learned Today:

1.

2.

3.

2 Things that Connected To You In This Lesson:

1.

2.

1 Question You Have About Anything In This Lesson:

1.