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
MATERIALS NEEDED:
- 5.12 PowerPoint 5th Grade Lesson 1 GIRLS 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 Girls (located on The Stream)

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, Girl to Woman (Slide 3).
2. Have students watch the video, My Changing Life: Girls, 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 on the “I Have a Question” sheet and give to the teacher.
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.