

Puberty Card Game

Age Range:

9-12, Years 5-7, KS2, KS3

Topics Covered:

Knowledge of key words to do with Puberty and their meanings

Time:

20 - 40 minutes

Equipment needed:

Puberty cards (Included)

This exercise can be used to introduce or consolidate key knowledge about the physical changes that take place during puberty.

Introduction

This exercise uses creative thinking and team working to learn and remember the key body changes that take place during puberty.

Exercise

Print onto card the 'Puberty Card Game' on the next page and cut into the 18 cards. Keep the definitions and the puberty words cards separate but shuffle each of the two sets of cards. You will need multiple sets of cards to go round the whole class.

The correct pairings are: 1D, 2A, 3G, 4H, 5B, 6F, 7E, 8I, 9C.

Explain to the group that you are going to look at how much we all know about the physical changes that take place during puberty.

In pairs or groups ask the groups to arrange the cards so that they match the correct word with the correct definition.

You could vary this and do it a few times. The first time with plenty of time for discussion and team work in groups and then as a race to see who can finish and arrange them correctly first. You could finish with every learner completing a sheet so you can see who in the class has understood the definitions and where further work is needed.

Summary

Finish off by clarifying and checking that everyone knows the correct definitions for each word. You could hand out leaflets or relevant information on puberty (these can possibly be obtained for free from your local health promotion service).

The exercise can be used to generate a list of questions about the changes that the learners would like to find out. It could also be used to do more research or to create a leaflet for next year's class that gives the basic information in a fun and appropriate way.

Learning Outcomes:

- Children have an increased awareness that there will be changes as they go through puberty and that this is okay and normal
- Children have an increased confidence in seeking help and support about puberty and growing up
- Children have increased knowledge of the physical and emotional changes that take place during puberty

This supports key concepts for PSHE education in personal wellbeing including:

- Personal identities
- Healthy lifestyles
- Risk
- Relationships

Puberty Cards

1. This is the name for a male organ that allows urine ('wee') and semen to leave the body.	A. Body Odour (B.O.)
2. This is the name for the (stinky) smell left by dried sweat.	B. Pubic hair
3. This is also known as 'menstruation' and is something that happens to women and girls once a month and starts during puberty. The average blood lost during this time is only about 3-5 tablespoons for any time between 2 and 8 days.	C. Breasts
4. This is the name for something that happens to boys when they have an erection in their sleep and ejaculate semen.	D. Penis
5. This is the name for hair that grows around the genitals and pubic area in both boys and girls during puberty.	E. Testicles
6. This is the name for when more blood flows to the penis than usual and so the penis becomes larger and harder and stands away from the body.	F. Erection
7. This is the name for a body part that hangs on the outside of a male's body. They are the size of small plums and are part of the male genitals that make sperm.	G. Period
8. This is the name for something that grows under and on the arms and legs for both boys and girls. Boys often get it on their chests, stomachs, shoulders, back, hands and feet.	H. Wet Dream
9. This is the name for a body part. The main purpose for these in women is to produce milk for feeding babies.	I. Body hair