



The Acorn Partnership  
Marston Montgomery Primary School  
Long Lane C of E Primary School

## Knowledge Organiser - Growing and Changing Summer Term 2 2025 Year 4

### Key Themes:

Managing difficult feelings, Relationships including marriage, Body changes during puberty



### Sticky Knowledge - What I learnt in Year 3

- I know the meaning of 'body space' and when it is appropriate or inappropriate to allow someone into their body space
- I know the different types of relationships people have and their different purposes and qualities.
- I know what makes a positive relationship and what makes a negative relationship.
- I know and can describe how a girls and boys body will change when it reaches puberty
- To know the menstruation cycle is something that happens when a sperm does not meet an egg.



### Key Knowledge - What I will know at the end of the unit

- I know there are different emotional reactions to different types of change
- I know that the onset of puberty can have both an emotional and physical impact
- I know what happens to a woman or a mans body during puberty and that this is linked to reproduction.
- I know the key facts of the menstrual cycle and understand that periods are a normal part of puberty
- I know some of the reasons why a person would want to be married, or live together, or have a civil ceremony.
- I know that marriage should be entered into freely

Keywords	Definition
<b>Breasts</b>	A part of the chest that some people's bodies grow during puberty. They can feed a baby.
<b>Testicles</b>	Two small parts in a pouch of skin under a boy's private part. They make sperm later in life.
<b>Womb</b>	A special place inside a girl's or woman's body where a baby can grow.
<b>Choice</b>	Being able to decide what you want to do or pick what is best for you.
<b>Civil partnership</b>	A legal way for two people to show they are in a loving relationship and want to share their lives.
<b>Sperm</b>	Tiny cells made in a boy's or man's body that can join with an egg to start a baby.
<b>Penis</b>	A private part of the body that boys have
<b>Hormones</b>	Special messengers in the body that help control how you grow and feel, especially during puberty.
<b>Pubic hair</b>	Hair that grows around the private parts when a person starts puberty.
<b>Periods</b>	A time each month when blood comes from a girl's private parts as her body starts to change and grow.
<b>Marriage</b>	A legal way for two people to say they want to live together and care for each other.
<b>love</b>	A strong feeling of caring deeply about someone, like in families or close friendships.

Keywords	Definition
<b>Puberty</b>	The time when a child's body starts to change into an adult's body.
<b>Live together</b>	When two people share a home and take care of each other, often because they care deeply for one another.
<b>Uncomfortable</b>	When you feel worried, sad, confused, or unsure about something — and it doesn't feel quite right.
<b>Feelings</b>	The different ways we experience things inside, like being happy, sad, angry, excited, or worried.
<b>Menstruation</b>	The process where blood comes from a girl's private parts each month as part of growing up.
<b>Vagina</b>	A private part inside a girl's body.
<b>vulva</b>	The outside private parts that girls have.
<b>Compromise</b>	Letting someone else use or have something of yours, or taking turns fairly.
<b>ovaries</b>	Two small parts inside a girl's body that store tiny eggs.
<b>Wet dreams</b>	When sticky liquid comes out of a boy's private parts during sleep, usually during puberty.