

Safe learning environment

To support a safe learning environment for this lesson

- Read the *Preparing to deliver Growing up with Yasmine and Tom* section of this resource and consider as appropriate.
- Tell pupils that this is one lesson in a series of lessons about how babies come into families, sexual intercourse, pregnancy and birth. Remind them about *ground rules*, the question box and to speak to someone if they are feeling anxious. Be reassuring about lesson content.
- Be aware of any pupils who are adopted or in care and consider how best to involve and support them in this lesson.
- Read Teacher helpsheet N: Birth, prior to lesson and ensure clear messaging is given about family diversity and the different ways children come into families. Ensure you are confident to give inclusive messages related to sexual orientation.



Resources required

- Pens.
- Paper/whiteboards.
- Interactive whiteboard resource: How babies develop.
- Quiz sheet.
- Answer sheet.



Aim of lesson

- To learn about pregnancy and how babies develop.



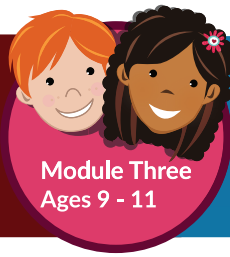
Learning outcomes

- I can say how long an average pregnancy lasts.
- I can explain why a pregnancy lasts approximately 40 weeks (9 months).
- I can identify and explain why some things that should and should not be eaten in pregnancy.
- I can explain describe how babies are born (delivered).
- I can work in a group.



Key questions

- How does a baby grow in the uterus?
- How are babies born?
- Does it hurt?



Differentiation

Some 1:1, pre or post teaching may be needed. The additional resources may help this.



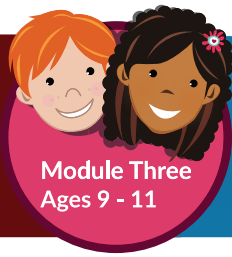
Introduction to lesson

- Remind/revisit class *ground rules*.
- Revisit any questions from those submitted after the previous lesson. Today we will explore how a baby develops in the uterus, how long this takes, and the different ways babies can be born (delivered).



Activities

- Open the how babies develop animation on the screen. Recap using the section about the meeting of the egg and sperm and implantation.
- Ask if anyone knows how long a baby has to stay in the person's uterus (womb) for. Show the group the 3 trimester stages of pregnancy and the baby's development at each stage.
- Watch film clip <https://www.bbc.com/education/clips/zpmqxnbn>.*
- Ask the group what you should eat or drink a lot of when pregnant. What you should never drink or do, and what you should have in moderation? Have 3 sections for these and ask the children to drag and drop the items in the appropriate section. Discuss why some things should and some things should **not** be eaten, drunk or used in pregnancy.
- In small groups brainstorm on paper/mini whiteboards what they know about how babies are born. Share answers as a class. Teacher gives a brief description of a baby being born: see Teacher helpsheet N: Birth.



Plenary and endpoint assessment

- In small groups complete the quiz sheet. Swap sheet with another group to mark and go through answers as a class.
- Pupils could again add any new knowledge to the mindmap from lesson 10.
- Ask if any final questions for the question box.
- Assess understanding of the key concepts and attitudes by observing discussion and group work.



Embedding learning

- Leave out age appropriate books that pupils can read to find out more or develop their understanding.



Additional resources to support learning

For further information

- NHS - <https://www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-week-by-week/>*
- <https://www.nhs.uk/Tools/Pages/Pregnancy.aspx>*
- BUPA - <https://www.bupa.co.uk/health-information/directory/p/pregnancy-what-happens-stages>*

* FPA referral does not mean external resources and links are approved by the PSHE Association.