



## Lesson Plan 1

# YOU, YOUR SKIN, YOUR BODY

		Learning Styles	Timings	Resources Available from <a href="http://www.clearasil.co.uk/schools">www.clearasil.co.uk/schools</a>
<b>Starter</b>	<p>Introduce the learning objectives.</p> <p>Thought shower on the key words either on the IWB or on sheets in groups:</p> <p>Ask students what key words can be remembered from the previous slide and put on the board, adding any the students may have missed.</p> <p>Class to discuss words. (The meanings of the words are behind the picture); once the discussion has taken place, move the picture and read out the meanings to students.)</p>	KAV		<ul style="list-style-type: none"> <li>IWB and Lesson Plan Support Presentation – <i>You, Your Skin, Your Body</i>*</li> <li>OR</li> <li>Whiteboard*</li> </ul>
<b>Episode 1: Whole class activity</b>	<p>Puberty: Teen Facts on the IWB or Student Handout. Whole class discussion both student and teacher led.</p>			<ul style="list-style-type: none"> <li>Student Handout – <i>You, Your Skin, Your Body Teen Facts</i></li> </ul>
<b>Episode 2: Individual activity</b>	<p>Students write out the emotions, they feel they have gone through and hand them in.</p> <p>Read out students’ emotions, demonstrating to the students that they are not alone and that emotions through puberty are often very similar.</p>			<ul style="list-style-type: none"> <li>IWB and Lesson Plan Support Presentation – <i>You, Your Skin, Your Body</i></li> <li>OR</li> <li>Whiteboard</li> </ul>
<b>Teacher led discussion Skin facts and the effects of cleansing</b>	<p>Use the Quick Quiz to establish any misconceptions the students may have over skincare.</p> <p>Explore any of the more unusual misconceptions and discuss the facts using prompts from the IWB or Skin Facts Sheet.</p>			<ul style="list-style-type: none"> <li>Fact Sheet – Skin Facts</li> </ul>
<b>Plenary</b>	Five things learned.			
<b>Evaluation</b>				

**Subject:** PSHEE

**Year:** \_\_\_\_\_

**Key Stage:** 3 and 4/Secondary S1 – S4  
Male and Female

**Grouping:** Mixed ability

**Learning Objectives:**

- Understand puberty, the differences between male and female puberty
- Understand changing emotions
- Understand Skin Facts and the effects of puberty on them

**Key Words:** Hormones, Puberty, Testosterone, Oestrogen, Menstruation, Body odour, Personal hygiene, Sebaceous glands, Bacteria.

**Resources:** IWB, Lesson Plan Support Presentation and Student Handout – *You, Your Skin, Your Body* with *Clearasil StayClear Skin Perfecting Wash sample*, Student Task and Fact Sheets. Available from [www.clearasil.co.uk/schools](http://www.clearasil.co.uk/schools)

**Role of Supporting Staff:** To support those students who need help with text written on the board and with those who feel uncomfortable with topic. All groups to be mixed ability so that students can all work successfully as a unit and less able students are not isolated; also students of similar ethnic and religious persuasions are intermixed in group settings.

\* can be used to support all episodes of the lesson.

**Curriculum links for PSHEE**

**England:** KS 3 1.1 b,c 1.2 a,b,c 1.3 b,c 1.4 a,c 1.5 a,b 2.1 d,e,f 2.2 a,b,d,f 2.3 a,b,c,d,e 3 b,c,d,f,i,j,l,n 4 d,e,f,g,h **KS 4** 1.1 a,b,c 1.2 a,b,c 1.3 b,c 1.4 a,b,c 1.5 a,b 2.1 a,b,c,d,e 2.2 a,b,d,e 2.3 a,b,c,d,e 3 b,c,d,e,g,j 4 a,b,c,d,e,f,g,h,i