

'No Way Through' isn't True!



Lesson 5: Period Relay

WE ARE LEARNING: Key facts about the menstrual cycle.

BORIS ASKS: Can the children explain key facts about the menstrual cycle?

RESOURCES: Slides; Worksheet

Before you start the lesson, show the children the ground rules slide to help them remember to be HeartSmart towards one another in this lesson.

Start by asking the children what they already know about menstruation (periods). Explain that menstruation is a perfectly normal part of growing up for girls and is the female body preparing to have a baby one day. It is important for girls to learn about so they understand what is happening when they start their periods and it is important for boys to learn about so they can be supportive friends, husbands and Dads.

Use the slides to demonstrate the menstrual cycle. Show the first slide and explain that menstruation is a bit like a long relay race (it continues until around the age of 50!). Eggs that have been stored in the ovaries since birth take it in turns to leave the ovary and make their way to the uterus through the fallopian tubes. The period relay is started when a hormone signal (FSH) in a girl's brain sends a message to the ovaries - a bit like the starting whistle at the beginning of a race! Periods can start at any time between the ages of 9 - 15. It is different for everyone.

Explain that the average menstrual cycle lasts around 28 days but it can vary.

Stage 1 - The first stage of the menstrual cycle starts at the end of the egg's journey. The egg and the lining are outta there! They leave the girl's body through the vagina. The egg is so tiny you don't see it, it is in the blood lining. This is called a period.

Stage 2 - On your Marks! A new egg gets ready to leave the ovary.

Stage 3 - Get Set! The egg begins to make it's way through the fallopian tube

Stage 4 - Go! The egg moves into the uterus. If it isn't needed to make a baby, it begins to dissolve.

Stage 5 (same as Stage 1) - Finish! The egg and the blood lining are outta there and the next egg is getting ready!

Using the worksheet provided, ask the children to label the first diagram and cut, stick and order the menstrual cycle.

Remind the children who they can talk to if they are worried or have any questions about periods. You may even want to have an anonymous question box the children can post questions in.



HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

R&HE

Changing adolescent body 1. key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes

Changing adolescent body 2. about menstrual wellbeing including the key facts about the menstrual cycle

BIBLE REFERENCE

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made.

Psalm 139. 13-14

SMSC

The spiritual development of pupils is shown by their:

- willingness to reflect on their experiences
- sense of enjoyment and fascination in learning about themselves, others and the world around them

PSHE

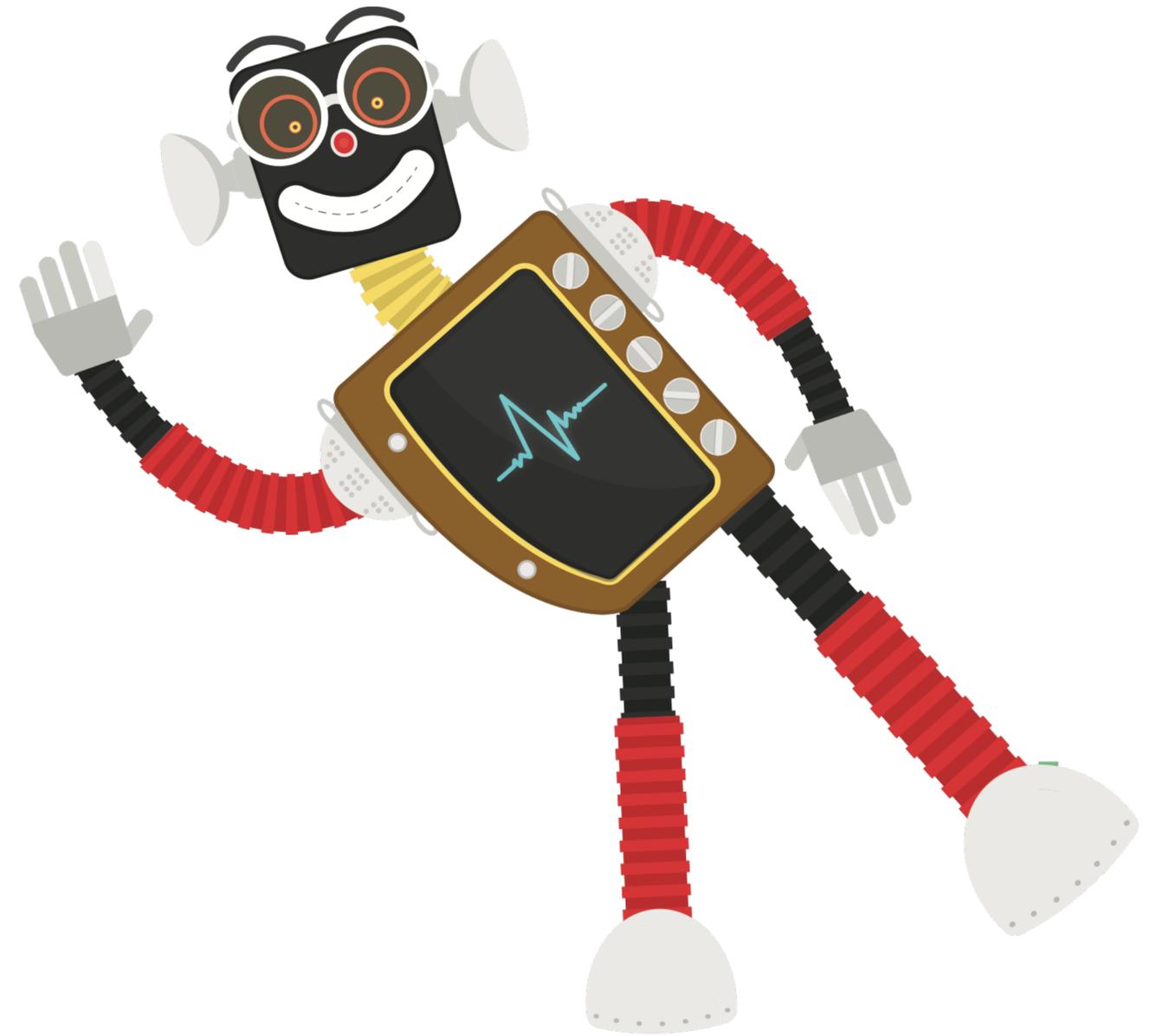
H13. How their body will, and their emotions may, change as they approach and move through puberty

SIAMS

IQ4. How does the theologically rooted Christian vision create a culture in which pupils and adults are treated well?

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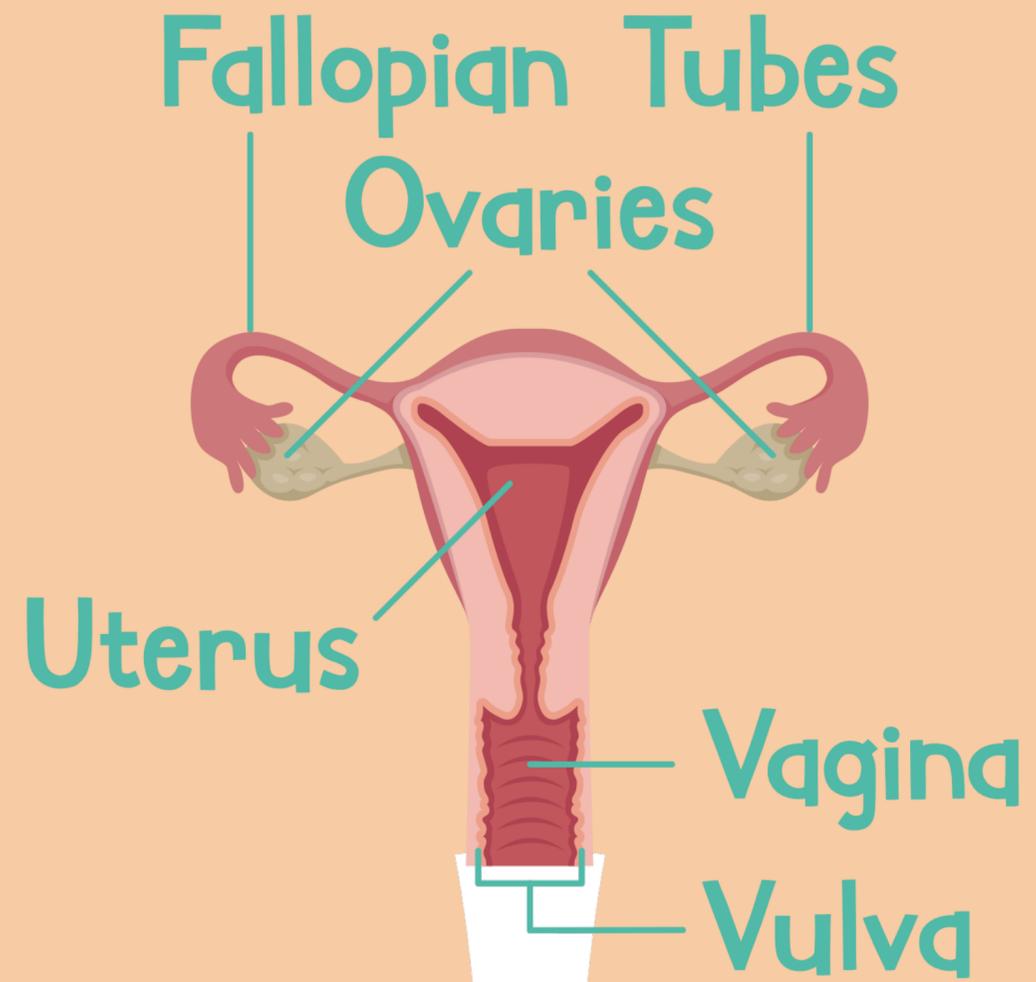
- Respect one another and listen carefully
- No personal questions or information is to be shared
- It's ok to feel embarrassed but you don't need to
 - It's not ok to laugh at others
 - No question is a silly one



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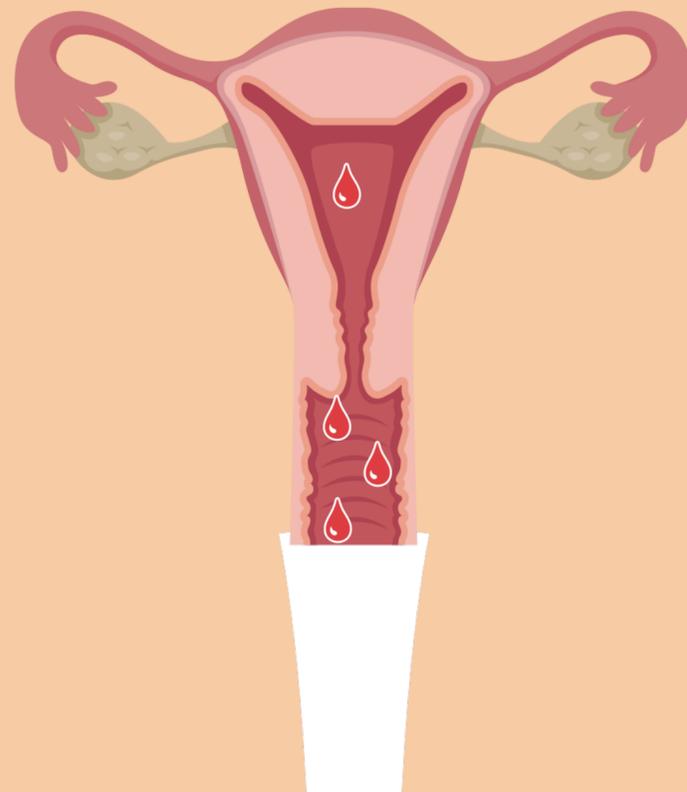


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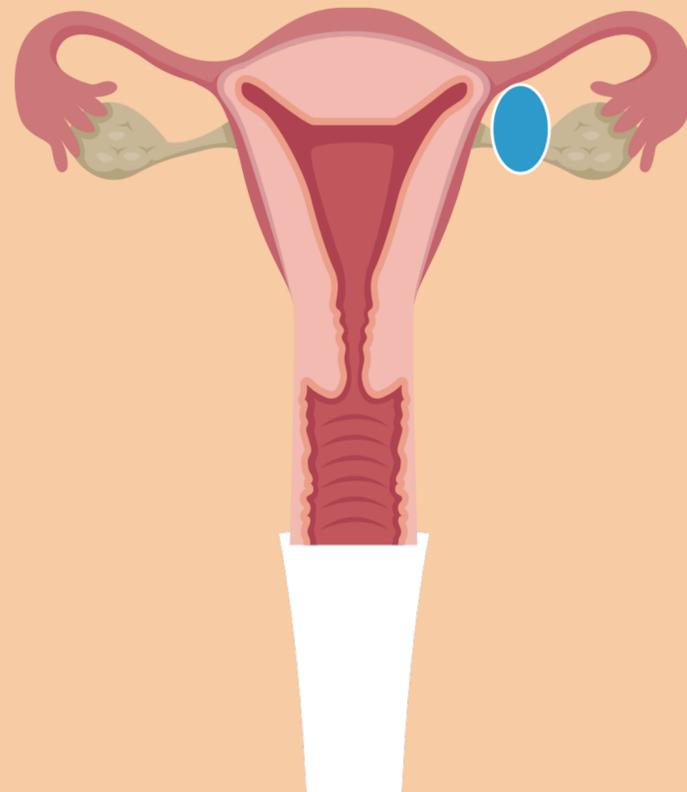
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Stage 1 - The egg and the lining are outta there!

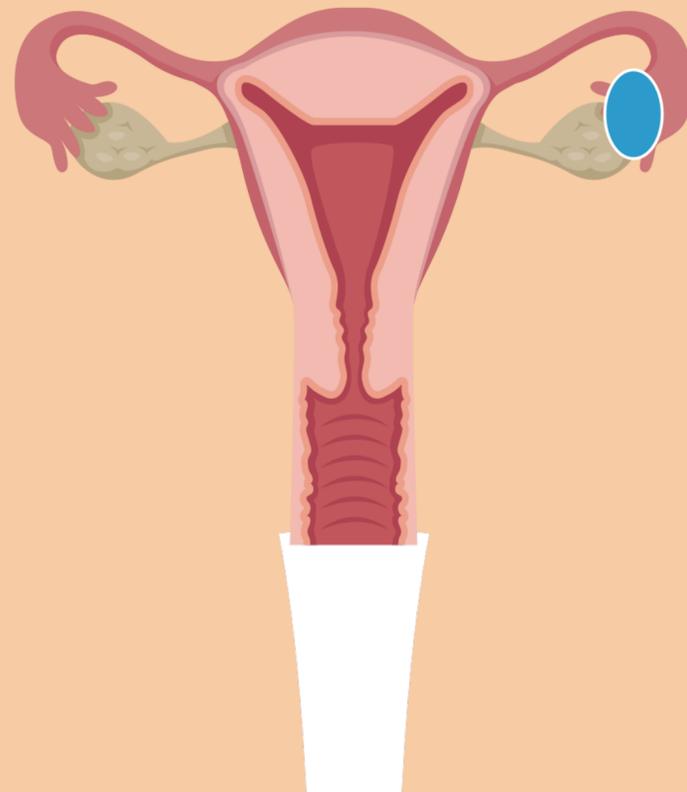


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Stage 2 - On your Marks!
A new egg gets ready to leave the ovary.

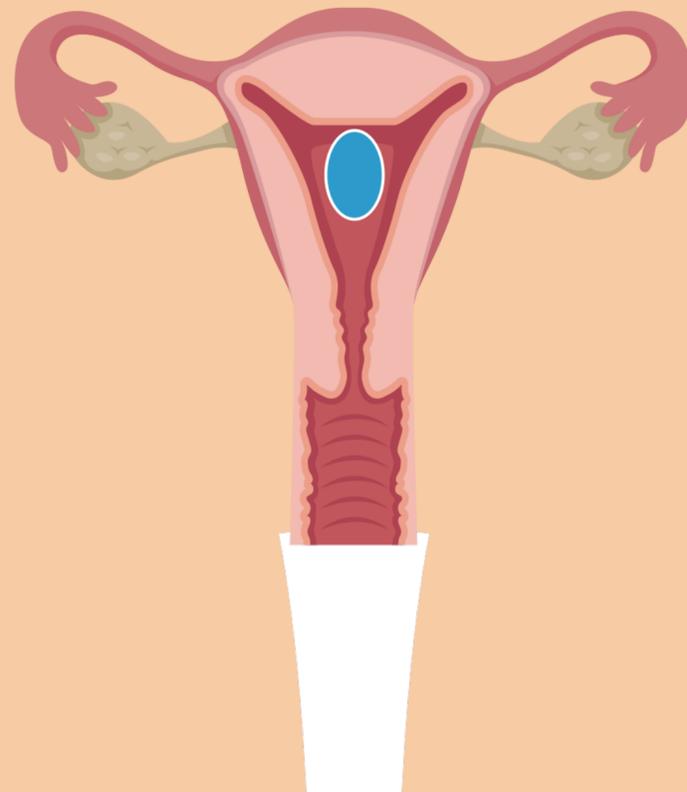


Stage 3 - Get Set! The egg begins to make it's way through the fallopian tube



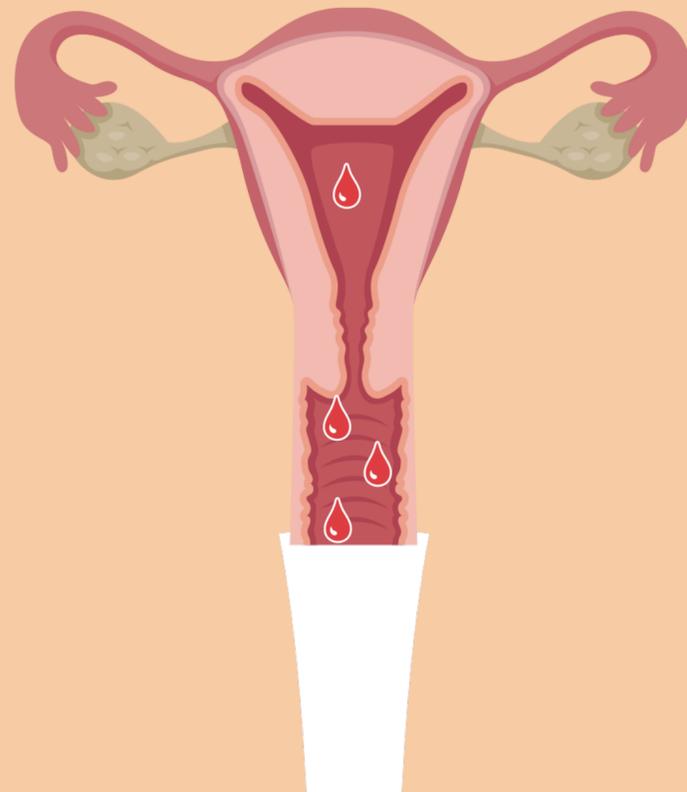
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Stage 4 - Go! The egg moves into the uterus.



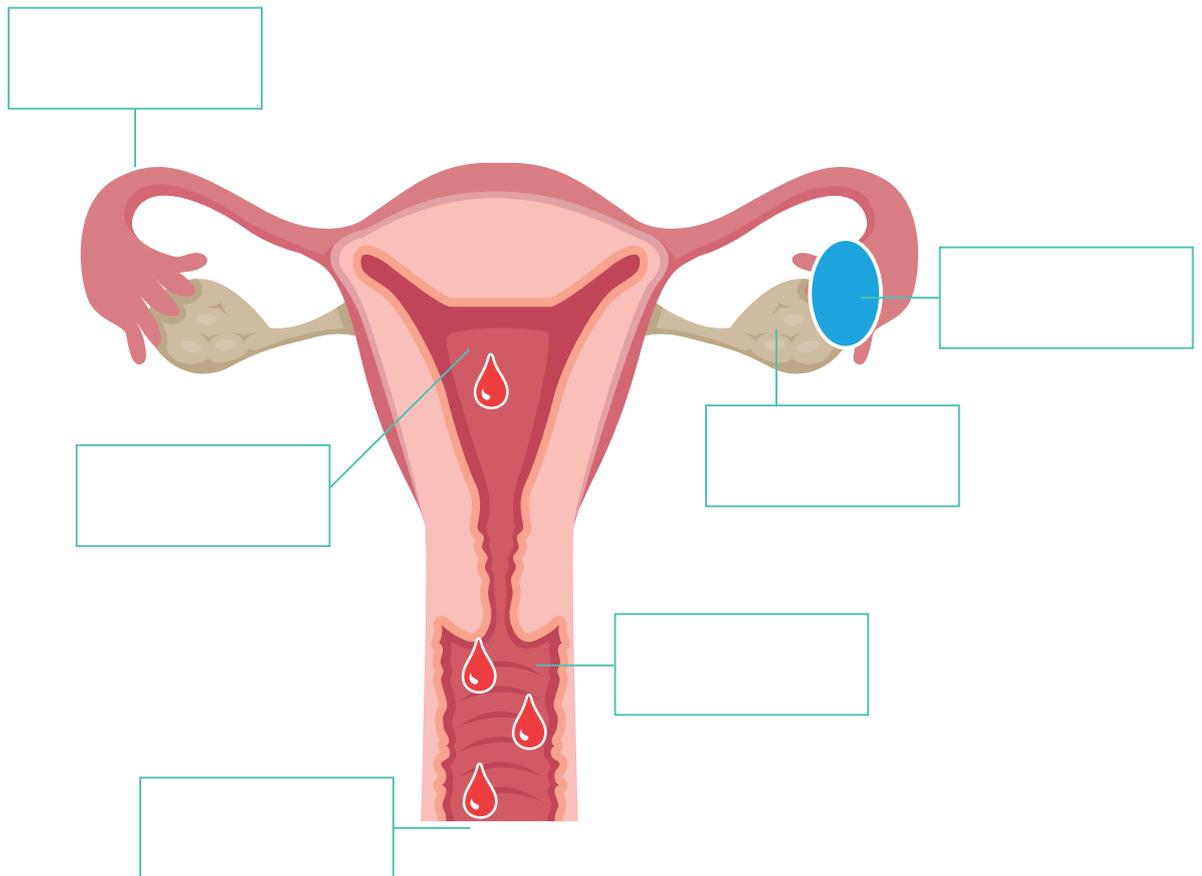
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Stage 5 - Finish! The egg and the lining are outta there and the next egg is getting ready!



Label the diagram below using the following words...

- uterus
- fallopian tube
- ovary
- vagina
- egg
- period

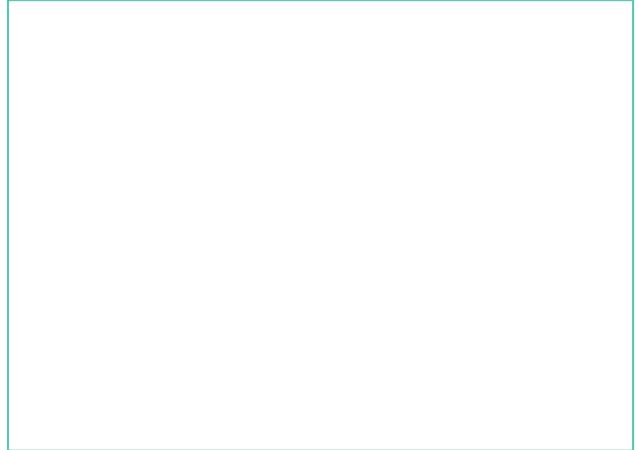


Put the stages of the menstrual cycle in order...

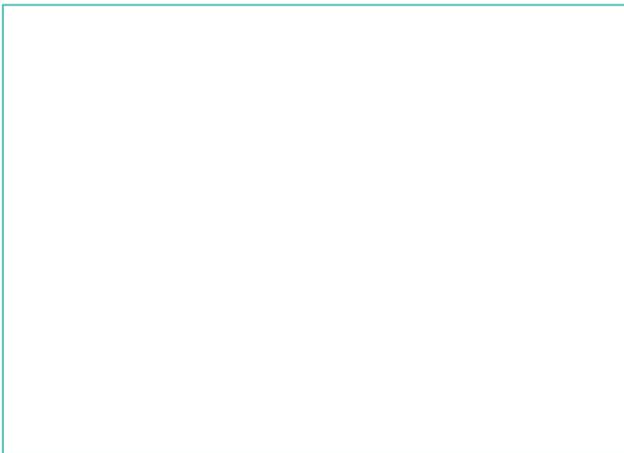
Stage 1



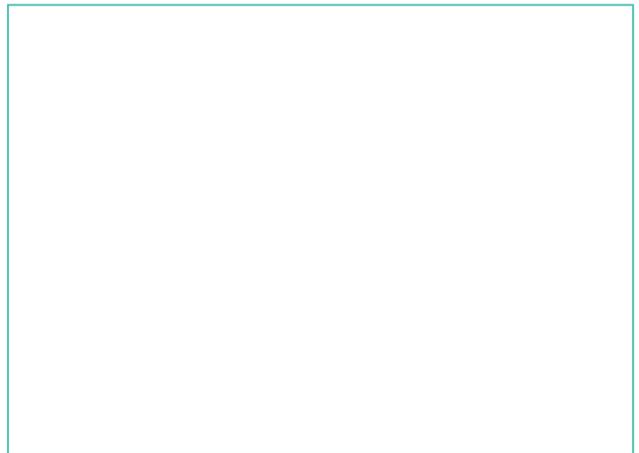
Stage 2



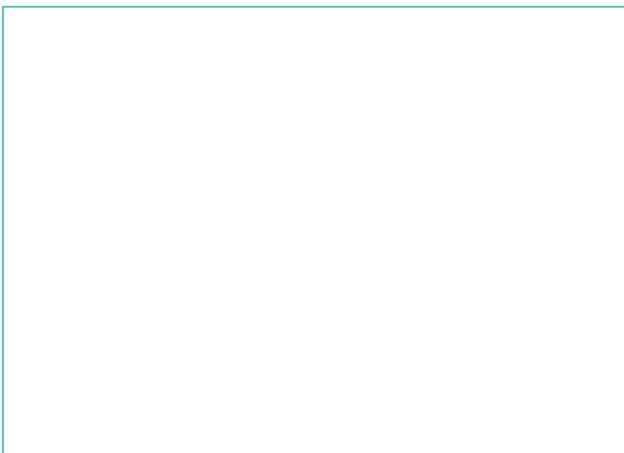
Stage 3



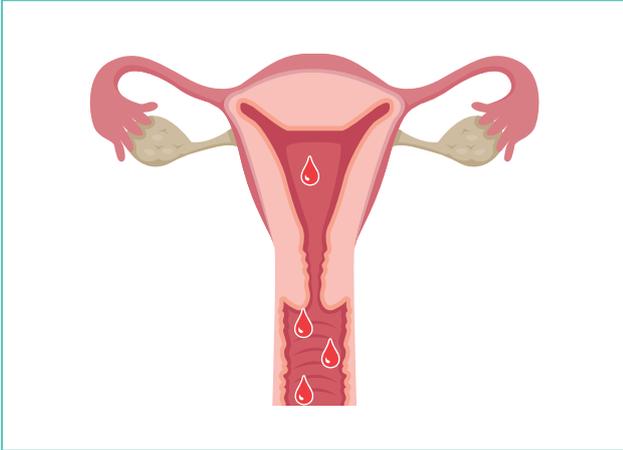
Stage 4



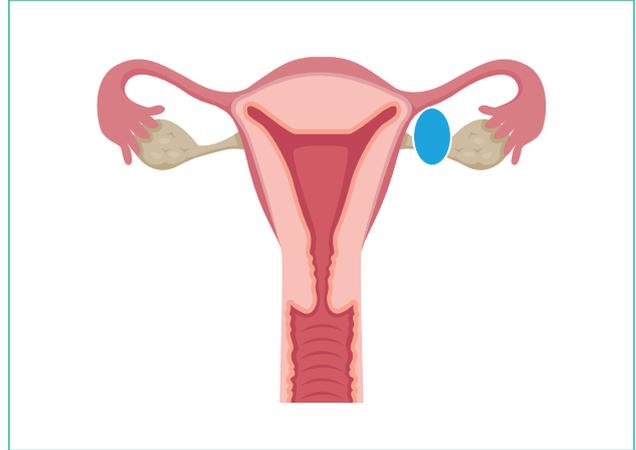
Stage 5



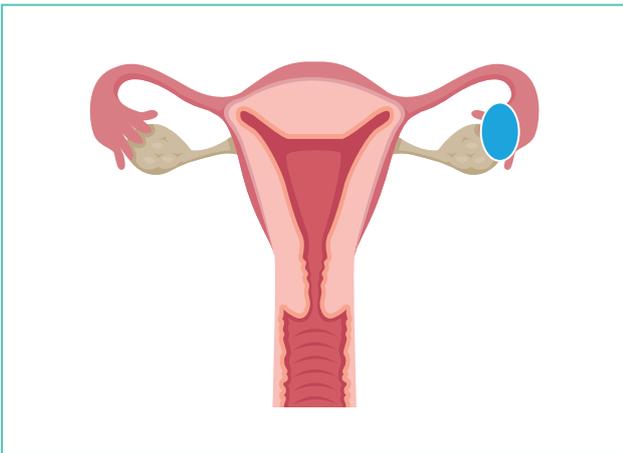
Stage 1



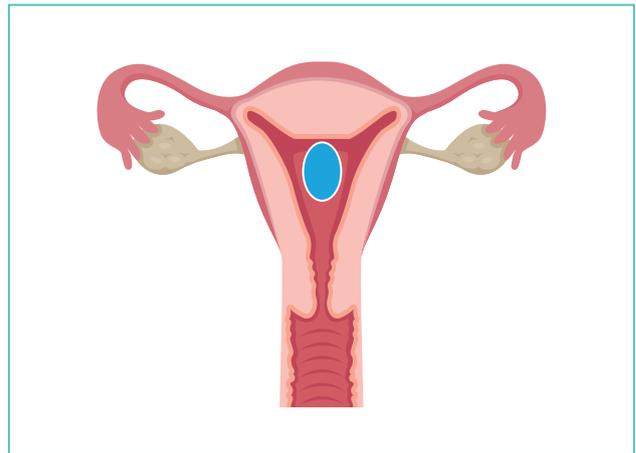
Stage 2



Stage 3



Stage 4



Stage 5

