



FORT McMURRAY
CATHOLIC SCHOOLS

PHYSICAL EDUCATION & WELLNESS

Growth & Development

Parent/Guardian Information Guide

GRADE
4



About the Instructional Resources

The source material for the lessons included in this resource was developed through the Council of Catholic School Superintendents of Alberta's (CCSSA) Catholic Education Curriculum Resource Coordinator and was reviewed by the Religious Education Network (REN) and the Catholic Bishops of Alberta for use in Catholic schools. The original material was reviewed and endorsed by the Curriculum Resource Advisory Committee (CCSSA, Alberta Catholic Schools Trustees Association, and the Catholic Bishops of Alberta) for use in Catholic schools in Alberta during instruction of Growth and Development in Physical Education and Wellness.

A team of Fort McMurray Catholic School educators consisting of division leaders, principals and the elementary religious education consultant reviewed the lessons provided in the source material and made changes to ensure the resources are aligned with best practices for learning along with our local context and the provincial curriculum.

All FMCS D teachers will use these lesson plans and associated materials when instructing the outcomes listed below from the Physical Education and Wellness curriculum. External guest speakers or service providers will not be utilized during the instruction of these outcomes.

Grade	Organizing Idea	Learning Outcome
4	Growth & Development	4GD2: Students explain how development and puberty are connected.
5	Growth & Development	5GD2: Students connect puberty to the capacity for human reproduction.
6	Growth & Development	6GD2: Students investigate human reproduction from fertilization to birth.

The Catholic Understanding of the Human Person¹

The Catholic Church teaches that each person has been created by God in His image and likeness and therefore has an inherent and inviolable human dignity (CCC 1700). Scripture tells us that "God is love" (1 John 4:8), and it is ultimately from this understanding of God that the Church's vision of the human person becomes clear: every single human being, without exception, has immeasurable value. Human beings are called to love as God loves. Love and the expression of love are at the heart of the very meaning of human life and the Christian faith.

God greatly desires happiness for His people and has placed this longing in our hearts; nothing apart from drawing closer to God, the one who created us, can fully satisfy this desire. (CCC 1718-1719). This longing also speaks to our need for human relationships. As love unifies the persons of the Trinity, we are called to image this love in and through our earthly relationships. Love is the central element of Jesus' Great Commandment (Mark 12:28-31) which commands us to "love the Lord your God" as well as to "love your neighbour as yourself". No human is exempt from this need for loving relationships. All humans find true happiness "in seeking and loving what is true and good" (CCC 1704).

The human being is an embodied being, created as a union of body and soul (CCC 362-365). Our body is not just the "shell" of our "real" interior self. Rather, our body is an essential part of who we are, and it plays an essential role in how we live out the love that God has given us. The discussion of the design, purpose and development of our bodies needs to be treated with the utmost dignity and respect.

An inherent purpose of the body is to reflect the love of God. Our sexual drive is a gift from God, and any discussion regarding sexuality needs to be approached from a positive stance: sexuality is a mystery to be lived, rather a problem to be solved, or a source of temptation to be overcome. Teachers need to focus on a positive, life-giving approach to decisions around sex, and thus its appropriate placement in marriage, rather than solely focusing on the negative consequences. While these consequences are

important and must be taught, only focusing on them is a reduction approach to an essential topic and would miss important life lessons.

The image of God is not simply something already in us, it is also something that we must become. God is still creating us, and we are called to cooperate with his vision. Our life is a work that has been entrusted to us. Our free will allows us to make choices, choices that will either lead us away or lead us toward completing the image of God in us. Each person is called to use the talents, abilities, and passions that they have been given by God to discover and live out the purpose and plans that God has for them (CCC 1730-1731).

The Catholic Church proclaims that human life is sacred and that the dignity of the human person is the foundation of a moral vision for society. This belief is the foundation of all the principles of our social teaching. Catholics believe that every person is precious, that people are more important than things, and that the measure of every institution is whether it threatens or enhances the life and dignity of the human person.

¹ The document *The Human Person, Love, and Sexuality: A Resource for Catholic Educators* released by the Education Commission of the Assembly of Catholic Bishops of Ontario was an essential source for this summary.

The Use of a Question Box

An anonymous question box will be available in the classroom during the instruction of this curricular segment. This practice ensures that student questions are addressed and allows teachers time to consider which questions to answer and how to respond. Teachers will use their professional judgment to discern which questions are relevant to the curricular outcomes and, thus, should be addressed with the whole class. The question box will be optional, submissions will not be read aloud in class, and confidentiality will be maintained.

LESSON OUTLINES

LESSON #1: Life Stages

Alberta Education Curricular Outcomes

Knowledge	Understanding(s)	Skills & Procedures
<ul style="list-style-type: none">• Puberty is a period of rapid growth and progression from childhood through adolescence to adulthood.• Puberty marks the beginning of the life stage of adolescence.	<ul style="list-style-type: none">• Puberty can allow individuals to take on new roles and responsibilities and experience new learning opportunities	<ul style="list-style-type: none">• Recognize that puberty marks the beginning of a new life stage as individuals move toward becoming mature adults.

Lesson Components

Opening Prayer

Loving God,
Everything you created is good.
We have received life from your hands.
We have been created in your image, with the power to love and care for each other and to share in your creation.
We thank you for this gift.
Help us to cherish all that you have created.
Amen.

Scripture Reflection

Mode of Instruction: Class Discussion

Students will reflect on the meaning of the following scripture verse:
Then God said, “Let us make humankind in our image, according to our likeness.” Genesis 1:26

Introduction to Life Stages

Mode of Instruction: Direct Instruction from Teacher, Group Work, Independent Work

After a discussion around the stages of development that students are aware of, the Teacher will explain each life stage, including **prenatal, infancy, childhood (early and later), adolescence,, and adulthood**. The exploration aims to provide a foundational understanding of the various stages of human development, covering the key characteristics and transitions associated with each stage. Students will then try to match the stage, age, and descriptions of the different life stages.

Indigenous Worldview

Mode of Instruction: Direct Instruction from Teacher

Students will explore the indigenous view of life stages, represented in the colours of the medicine wheel, and how the notion of life stages informs the spirituality of understanding life as a cycle.

Overview of Student Activities: Independent or Paired - Matching Activity Worksheet.

Closing Prayer

Lord,
Lord, You have made each of us in your own image and likeness and have called each of us to love as you love. Help us to love and respect each other as persons made with dignity. Help us to see, understand and learn about the gifts of growth, life, and love and apply them to the way we live.
Amen

LESSON #2: Puberty Prepares us for Adulthood

Alberta Education Curricular Outcomes

Knowledge	Understanding(s)	Skills & Procedures
<ul style="list-style-type: none">• Puberty is a period of rapid growth and progression from childhood through adolescence to adulthood.• Puberty marks the beginning of the life stage of adolescence.• A growth spurt can be an indicator of the beginning of puberty.• Adolescents may have questions about puberty and its associated changes.• Puberty prepares people to function as adults, with healthy<ul style="list-style-type: none">○ bodies○ choices○ relationships○ thoughts○ emotions• Adolescents may have questions about puberty and its associated changes.• Puberty can be supported using credible sources, such as:<ul style="list-style-type: none">○ parents and caregivers○ health professionals○ counsellors○ spiritual leaders○ Knowledge Keepers○ Elders	<ul style="list-style-type: none">• Puberty can allow individuals to take on new roles and responsibilities and experience new learning opportunities.• Sources of support are available for adolescents during puberty.	<ul style="list-style-type: none">• Recognize that puberty marks the beginning of a new life stage as individuals move toward becoming mature adults.• Identify credible sources in the community to support individuals through the changes that occur during puberty.

Lesson Components

Opening Prayer

Loving God,
Everything you created is good.
We have received life from your hands.
We have been created in your image, with the power to love and care for each other and to share in your creation.
We thank you for this gift.
Help us to cherish all that you have created.
Amen.

Scripture Reflection

Mode of Instruction: Class Discussion

Students will reflect on the meaning of the following scripture verse:

If anyone belongs to Christ, then they are made new. The old things have gone; everything is made new! 2 Corinthians 5:17

Establishing Group Norms

Mode of Instruction: Direct Instruction from Teacher, Group Discussion

Students will engage in an activity called "Switch Sides," designed to illustrate the diversity of opinions and experiences among students. The activity sets the stage for forthcoming discussions on puberty and its role in preparing individuals for adulthood. The introduction also highlights the need to establish ground rules for a respectful and inclusive classroom environment when delving into sensitive topics like puberty.

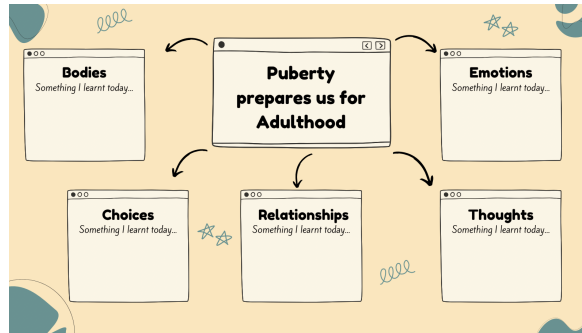
Puberty Prepares us for Adulthood

Mode of Instruction: Direct Instruction from Teacher

The teacher will give an introduction to puberty and how it prepares us for adulthood through physical, emotional, and relational changes.

Overview of Student Activities: Recording any new or interesting information in a *Puberty Prepares us for Adulthood* graphic organizer.

- a. childhood through adolescence to adulthood
 - It is a time of change and development that all boys and girls experience in their pre-teen and teen years.
 - In boys, puberty usually occurs between the ages of 10 and 17.
 - In girls, puberty usually occurs between the ages of 9 and 16.
- b. Puberty prepares people to function as adults with healthy bodies, choices, relationships, thoughts and emotions.
 - **Bodies** — As we get older, we learn more about the amazing things our bodies can do, how our bodies work, and how we keep our bodies healthy and clean (hygiene).
 - **Choices** — As we get older, our brains grow and change too, which can affect how and why we make choices.
 - **Relationships** — As we get older, we learn about how to make and keep appropriate and healthy relationships with family, friends, and others. For example, friends may become more important to you during this time.
 - **Thoughts** — As we get older, hormones change how our bodies look on the outside and also create changes on the inside. While our bodies are adjusting to all the new hormones, so are our minds. We begin to look at ourselves and the world in a different way.
 - **Emotions** — As we get older, we learn about the role of emotions, and how to understand and properly express our emotions. We might experience and show strong feelings and intense emotions, and our moods might seem unpredictable. These emotional ups and downs happen partly because our brains are still learning to control and express emotions in a grown-up way.



Closing Prayer

Lord,

You have made each of us in your own image and likeness and have called each of us to love as you love.

Help us to love and respect each other as persons made with dignity.

Help us to see, understand and learn about the gifts of life, love, and human sexuality as you made them and apply them to the way we live.

Amen

LESSON #3: Physical Development During Puberty

Alberta Education Curricular Outcomes

Knowledge	Understanding(s)	Skills & Procedures
<ul style="list-style-type: none">• Differences in physical characteristics can occur during and after the onset of puberty.• The progression of puberty can be experienced in unique ways.• Physical changes in puberty include:<ul style="list-style-type: none">– growth of body hair– skin changes– voice changes– sperm production– menstruation• Changes to hygiene practices include:<ul style="list-style-type: none">– using deodorant or antiperspirant– showering or bathing more frequently– changing clothes regularly	<ul style="list-style-type: none">• Puberty is a process of maturation that includes physical and social-emotional changes.• Awareness of changes that happen in puberty can support mental health and emotional well-being.• Puberty can require changes in personal hygiene practices.	<ul style="list-style-type: none">• Describe changes that happen during puberty.• Identify how personal hygiene practices may need to be modified as the body changes.

Lesson Components

Opening Prayer

Loving God,
Everything you created is good.
We have received life from your hands.
We have been created in your image, with the power to love and care for each other and to share in your creation.
We thank you for this gift.
Help us to cherish all that you have created.
Amen.

Scripture Reflection

Mode of Instruction: Class Discussion

Students will reflect on the meaning of the following scripture verse:

"Before I formed you in the womb I knew you, and before you were born I consecrated you" Jeremiah 1:5

Physical Changes During Puberty

Mode of Instruction: Direct Instruction from Teacher

The teacher will explain that there are many physical changes that occur during puberty. Some happen to both males and females and some are specific to each.

Changes that happen to males and females

- **Acne** - Acne is a common skin condition where the pores of your skin clog. Pore blockages produce blackheads, whiteheads and other types of pimples. Pimples are red, sometimes painful, bumps on your skin.
- **Hair and Skin get oily** - The hormones in your body that trigger the changes in puberty can make your glands overactive. This can lead to your pores clogging with excess oil.
- **Increase in body hair** - Hormones in your body change the behaviour of your hair follicles, causing hair to grow or thicken in new areas of your body.
- **Growth Spurts** - A growth spurt is a period of rapid physical growth over a short amount of time. Spurts are evidenced by an increase in height and weight
- **Sweat Glands Develop** - Hormonal changes in the body cause sweat glands to become more active. This increase in activity can cause body odor.
- **Can become clumsy** - The rapid growth that occurs during puberty can be a lot for our brains to adjust too. It needs time to figure out controlling the longer arms and legs and so those experiencing puberty can be clumsy. Regular exercise during this time can help develop coordination and balance.

Changes specific to males

- **Facial hair** - Included in the development of new body hair is facial hair for males. Males will begin to grow a beard and may want to begin shaving.
- **Voice Deepens** - During puberty, the male voice box grows bigger which causes the voice to deepen. The process can be quick or gradual.
- **Testicles grow bigger** - At the start of puberty, testicles will increase in size and drop lower.
- **Sperm production begins** - During puberty, the testicles begin to produce sperm, which is the male reproductive cell. This is the male body's way to prepare to create a baby. You will learn more about this in Grade 5.

Changes Specific to Females

- **Menstruation begins** - Menstruation is the process the female body goes through to prepare for the ability to have babies. You will learn more about this in Grade 5.
- **Breasts develop** - During puberty, female breasts will increase in size, becoming rounder and fuller. This can happen quickly or slowly and development can occur at different rates in each breast.
- **Ovulation Begins** - Ovulation is a part of the menstrual cycle which involves the release of an egg. This is another way that the female body prepares for the ability to have babies. You will learn more about this process in Grade 5.
- **Hips Widen** - During puberty, female hips become wider and the bones broaden and strengthen. This is a change in the female body that helps with childbirth.

Overview of Student Activities:

Venn Diagram

- Students can work individually or in pairs to complete the **Venn Activity** worksheet. The goal is to sort the physical changes into those specific to males, those specific to females, and those that happen to both males and females.

Closing Prayer

Lord,

You have made each of us in your own image and likeness and have called each of us to love as you love.

Help us to love and respect each other as persons made with dignity.

Help us to see, understand and learn about the gifts of life, love, and human sexuality as you made them and apply them to the way we live.

Amen

LESSON #4: Hygiene

Alberta Education Curricular Outcomes

Knowledge	Understanding(s)	Skills & Procedures
<ul style="list-style-type: none">• Differences in physical characteristics can occur during and after the onset of puberty.• The progression of puberty can be experienced in unique ways.• Physical changes in puberty include:<ul style="list-style-type: none">– growth of body hair– skin changes– voice changes– sperm production– menstruation• Changes to hygiene practices include:<ul style="list-style-type: none">– using deodorant or antiperspirant– showering or bathing more frequently– changing clothes regularly	<ul style="list-style-type: none">• Puberty is a process of maturation that includes physical and social-emotional changes.• Awareness of changes that happen in puberty can support mental health and emotional well-being.• Puberty can require changes in personal hygiene practices.	

Lesson Components

Opening Prayer

Loving God,
Everything you created is good.
We have received life from your hands.
We have been created in your image, with the power to love and care for each other and to share in your creation.
We thank you for this gift.
Help us to cherish all that you have created.
Amen.

Scripture Reflection

Mode of Instruction: Class Discussion

Students will reflect on the meaning of the following scripture verse:

“Do you not know that you are God’s temple and that God’s Spirit dwells in you?” 1 Corinthians 3:16

Lesson #3 Review

Mode of Instruction: Direct Instruction from Teacher, Class Discussion

In preparation for exploring hygiene, the students will review what they learned about **physical** changes that occur during puberty.

Hygiene

Mode of Instruction: Direct Instruction from Teacher

Using the slides, the teacher will give an overview of the physical changes during puberty that affect personal hygiene.

Acne

- Acne is something that happens when the tiny holes on our skin called pores get clogged. A pimple forms on our skin which is a small red lump that can have a white or black head on top.

To combat acne, there are a few things you can do:

- Keep your face clean: Wash your face twice a day with a gentle cleanser to remove excess oil, dirt, and sweat.
- Don't touch your face: Your hands have lots of bacteria on them, so try not to touch your face too much. This can transfer bacteria to your skin and make acne worse.
- Avoid certain foods: Some people find that certain foods like chocolate or greasy foods can make their acne worse. It's a good idea to pay attention to what you eat and see if you notice a pattern.
- DON'T SQUEEZE PIMPLES!

Body Odor

- A new type of sweat gland is produced, and bacteria grow, producing an odour called body odour (B.O).
- To reduce body odour, you must: bathe or shower more frequently use deodorant or anti-perspirant under your armpits (after you have washed)

Greasy Hair

- Hormonal changes in puberty can affect the oil glands on your scalp, making them produce more oil. When there is too much oil on your scalp, it can make your hair look greasy and feel oily.

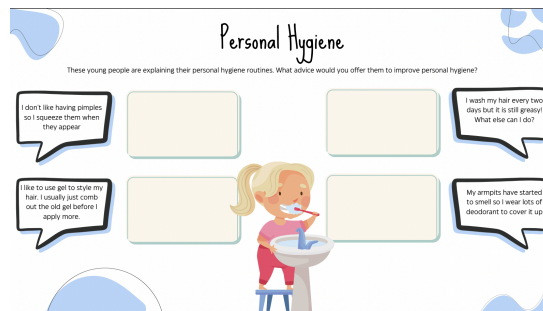
To combat greasy hair during puberty, there are a few things you can do:

- Wash your hair regularly to remove excess oil and dirt. Try to wash your hair every other day or every two days, depending on how quickly your hair gets greasy.
- Avoid heavy styling products: Heavy styling products like gels and waxes can make your hair look even greasier. Try to avoid using these products or use them sparingly.
- Brush your hair regularly: Brushing your hair regularly can help distribute the natural oils from your scalp throughout your hair, making it look less greasy.

Overview of Student Activities:

Advice Activity Worksheet

- Students can work individually or in pairs to complete the **Advice Activity** worksheet. The goal is to give best practice advice to teenagers who have problems with their hygiene routines.



Closing Prayer

Lord,

You have made each of us in your own image and likeness and have called each of us to love as you love.

Help us to love and respect each other as persons made with dignity.

Help us to see, understand and learn about the gifts of life, love, and human sexuality as you made them and apply them to the way we live.

Amen

LESSON #5: Social-Emotional Changes

Alberta Education Curricular Outcomes

Knowledge	Understanding(s)	Skills & Procedures
<ul style="list-style-type: none">• The progression of puberty can be experienced in unique ways.• Puberty can result in social-emotional changes, such as:<ul style="list-style-type: none">○ increased intensity of feelings○ friendships becoming more important○ emphasis on body image○ wanting to fit in and be liked• Puberty can be supported using credible sources such as:<ul style="list-style-type: none">- parents and caregivers- health professionals- counsellors- spiritual leaders- Knowledge Keepers and Elders	<ul style="list-style-type: none">• Puberty is a process of maturation that includes physical and social-emotional changes.• Awareness of changes that happen in puberty can support mental health and emotional well-being.• Sources of support are available for adolescents during puberty.	<ul style="list-style-type: none">• Describe changes that happen during puberty.• Identify credible sources in the community to support individuals through the changes that occur during puberty.

Lesson Components

Opening Prayer

Loving God,
Everything you created is good.
We have received life from your hands.
We have been created in your image, with the power to love and care for each other and to share in your creation.
We thank you for this gift.
Help us to cherish all that you have created.
Amen.

Scripture Reflection

Mode of Instruction: Class Discussion

Students will reflect on the meaning of the following scripture verse:

Like good stewards of God's grace, serve one another with whatever gift each of you has received. 1 Peter 4:10

Discussion:

What responsibilities might your parents have you take on as you grow?
What are some responsibilities that excite you about growing up?
Why do we have more responsibilities as we get older?

Social-Emotional Changes

Mode of Instruction: Direct Instruction from Teacher

As our bodies undergo physical transformations during puberty, there are also accompanying social and emotional changes that influence our decisions, obligations, connections, thoughts, and feelings. It's essential to recognize that these developments are all integral to the purpose envisioned by God when designing us. Each person experiences a comparable journey of growth, but it unfolds gradually. Maturity is not an instantaneous process; it requires continuous learning and development over time to evolve into well-adjusted adults.

Students will watch a short video and discuss points of interest.

Using slides, the teacher will introduce the following social-emotional changes:

Social changes include:

- Friendships become more important
- Wanting more independence
- Taking on more responsibility at home or school
- Looking for new experiences
- Thinking about your identity

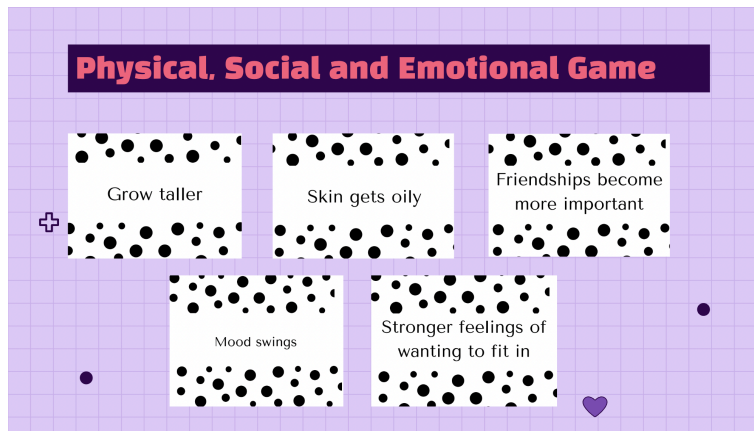
Emotional changes include:

- Mood swings
- Sometimes feel lonely and confused
- Stronger feelings of wanting to be liked
- Stronger feelings of wanting to fit in
- Concerned about appearance (looks)
-

Overview of Student Activities:

Card Match Game

- The class will be divided into small groups of 4-6 students.
Students are to divide their sets of cards into three categories of **physical, social and emotional changes**.



Closing Prayer

Lord,

You have made each of us in your own image and likeness and have called each of us to love as you love.

Help us to love and respect each other as persons made with dignity.

Help us to see, understand and learn about the gifts of life, love, and human sexuality as you made them and apply them to the way we live.

Amen
