



PROGRAM:

Ready, Set, Grow!

GRADE LEVEL:

4

LENGTH:

75 Minutes



READY, SET, GROW!

Teaching students about the changes that occur during puberty, and fostering a healthy respect for human growth and development.

PROGRAM OVERVIEW

Ready Set, Grow! is an age-appropriate introduction to puberty and the human reproductive system. Students learn the changes that occur during puberty and how to care for their growing bodies.

- Students are introduced to the concepts of heredity, hormones, and hygiene
- Students learn about the emotional and physical changes that occur during puberty
- Students are taught the basic anatomy and function of the human reproductive system

TEACHING OBJECTIVES

This program is focused on the following objectives:

- Discuss the beginning of life for all living things
- Define heredity, hormones, hygiene and puberty
- Discuss emotional and physical changes that occur during puberty
- Discuss the basic anatomy of the reproductive system
- Explain the changes in hygiene that occur during puberty
- Differentiate between recessive and dominant genetic traits

LEARNING OUTCOMES

After participating in Ready, Set, Grow!, students will be able to:

- Describe the basics of gestation in mammals (egg cell, sperm cell, duration, etc.)
- Understand that genes are mixed when an egg cell and a sperm cell join together
- Define puberty, heredity, hormones, and hygiene
- Identify emotional and physical changes that occur during puberty
- Name and briefly describe the function of organs in the male and female reproductive systems
- Describe the role of genes in human development
- Identify good hygiene practices

ACADEMIC STANDARDS:

This program is taught by a qualified health educator and complements the following standards:

Indiana Academic Standards for Health & Wellness 2018: 5.1.1, 5.2.1, 5.2.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.6.1, 5.6.2, 5.7.1, 5.7.2, 5.7.3

National Health Education Standards 2007: 1.5.1, 2.5.1, 2.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3



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To bring Ready, Set, Grow! to your school or classroom, contact us today at 317-924-0904, or email rlhec@marian.edu.

in partnership with Peyton Manning Children's Hospital