

## changes of Puberty

Grades  
4th & 5th

### Pacing Chart

The chart below gives estimates for the time required to complete each lesson and assessment component.

Lessons and Assessments	Estimated class time
1. What we know about Puberty	45 min
2. The 5 Stages of Puberty	1 hr
3. Physical Maturation	1.5 hr
Quiz 1	20 min
4. Menstruation	1.5 hr
5. Hygiene	30 min
6. A Trip to the Gynecologist	30 min
Quiz 2	20 min
7. Mood Swings	30 min
8. Self-Esteem	30 min
9. Going from Girl to Woman	45 min
10. Fitness	1 hr
Quiz 3	20 min
11. Parents	1 hr
12. Friendships	1 hr
13. Sexual Attraction	30 min
14. Sex	1 hr
Quiz 4	20 min
Journal Review	1 hr

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