

# Unit 1: The Menstrual Cycle

**Note:** You should review these resources and links before use to check if they are appropriate for your pupils at Key Stage 3 and in line with your school’s ethos and RSE and Period Dignity policies.



## Learning Intentions

Pupils are learning about:

- the female reproductive organs involved in menstruation; and
- what happens to the female body during the menstrual cycle.

Skills and Personal Capabilities	Learning Experiences	Attitudes and Dispositions
<ul style="list-style-type: none"> <li>• Working with Others</li> <li>• Thinking, Problem-Solving and Decision-Making</li> <li>• Communication.</li> </ul>	<ul style="list-style-type: none"> <li>• Supportive environment</li> <li>• Offers choice.</li> </ul>	<ul style="list-style-type: none"> <li>• Curiosity</li> <li>• Openness to new ideas.</li> </ul>

## Resources

- Resources A–G
- Scissors
- [BBC Bitesize – KS3: Human reproduction](#)
- [BBC Bitesize – KS3: Changes that occur during the menstrual cycle](#)
- [YouTube – Nemours KidsHealth: The Menstrual Cycle](#)
- [BBC – Newsround: Let’s Talk About Periods: A Newsround Special](#)
- [CCEA – Active Learning and Teaching Methods for Key Stage 3](#)
- Additional useful resources:
  - [NHS – Periods](#)
  - [Always – My period](#)
  - [Office on Women’s Health – Your menstrual cycle](#)
  - [YouTube – Always: Your Menstrual Cycle & Periods in 3 Minutes](#)
  - [YouTube – AMAZE: Menstruation: What To Expect](#)

## Teaching Notes

At the start of this unit, pupils learn about the female reproductive system. They then explore the events in the menstrual cycle.

### Starter Activity: Menstruation Facts



- Divide the class into groups and ask them to discuss the following question:
  - What is menstruation, also known as a period?
- Ask the pupils to share their group's answers with the rest of the class.
- Now tell the class that they're going to learn about what happens inside the female body during periods, which are part of the menstrual cycle.
- Highlight that it is important to know about the female reproductive system to understand why and how periods happen.

### Activity 1: The Female Reproductive System



- Show the class the short video about reproduction on the BBC Bitesize page [KS3: Human reproduction](#).
- Hand out copies of **Resource A: The Female Reproductive System**.
- Ask the pupils to label the parts of the female reproductive system using the labels at the top of the resource.
- Show the class **Resource B**, which is a correctly labelled diagram of the female reproductive system.
- Make sure the pupils correct any mistakes they have made on **Resource A**.
- Then discuss any questions the class might have.

### Activity 2: Word Match



- Divide the class into pairs.
- Give each pair a copy of **Resource C: Word Match**.
- Keeping the column of terms intact, ask the pupils to cut out the definitions and try to match the correct definition to each term.
- When the pupils have finished, use **Resource D: Word Match (Teacher Copy)** to discuss the answers with the class.
- Then ask the pupils to correct any mistakes they have made on **Resource C**.

### Activity 3: Order of Events in the Menstrual Cycle



- To introduce this topic, you could show the class one of the following videos:
  - [BBC Bitesize – KS3: Changes that occur during the menstrual cycle](#)
  - [YouTube – Nemours KidsHealth: The Menstrual Cycle](#)
- Before this activity or at a later stage, you could also show the class the BBC Newsround page [Let's Talk About Periods: A Newsround Special](#).
- Give the pupils a copy of **Resource E: Events in the Menstrual Cycle**.
- Ask the pupils to read the statements on **Resource E**.
- Now check if there are any words or phrases that the pupils do not understand and clarify these before they complete the next part of this activity.
- Give the pupils a copy of **Resource F: Order of Events in the Menstrual Cycle**.
- Ask the pupils to cut out the statements from **Resource E** and arrange them in the correct order on **Resource F**.
- When the pupils have finished, use **Resource G: Order of Events in the Menstrual Cycle (Teacher Copy)** to check that they have put the statements in the correct order.
- As homework, you could ask the pupils to revise the menstrual cycle and related terms.

#### Review of Learning Intentions

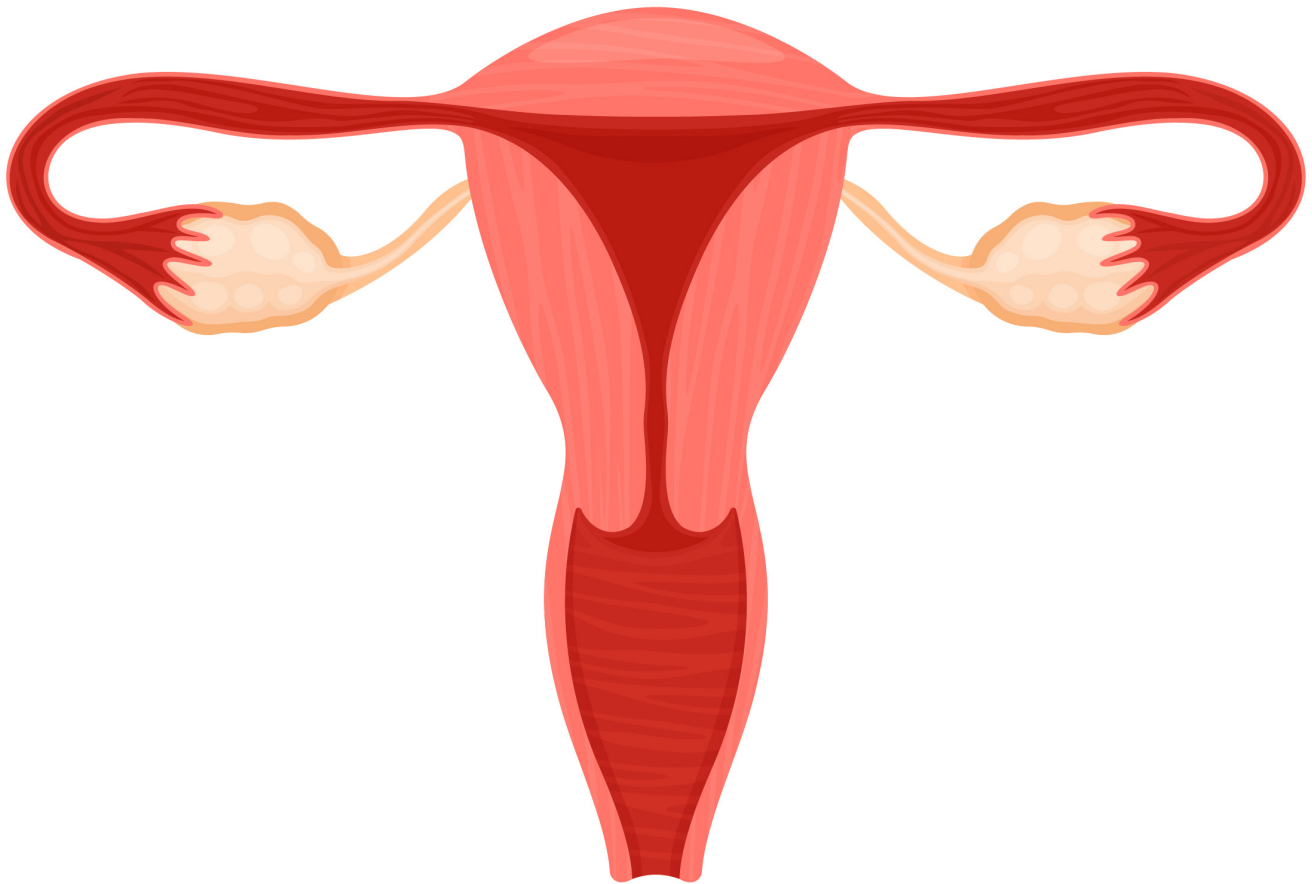
It's important that pupils have opportunities to reflect on their learning. You can choose from a range of methods detailed in our [Active Learning and Teaching Methods for Key Stage 3](#) resource, such as:

- Dartboard Evaluation
- Graffiti Board
- Fist-to-Five
- KWL (Know – Want to Know – Learned) Grid
- Post-It Collection.



# Unit 1: The Menstrual Cycle

## Resource A: The Female Reproductive System

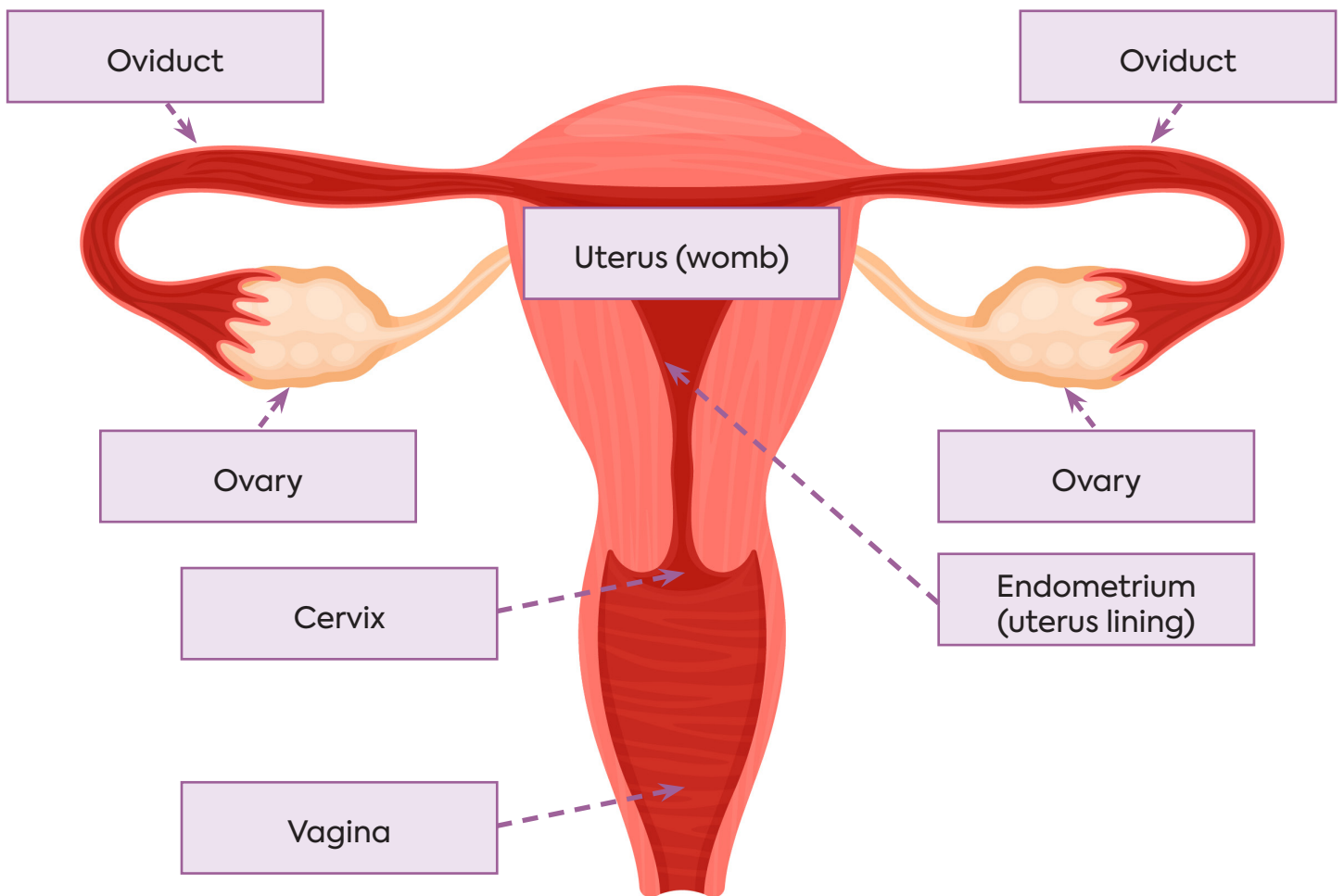


Ovary	Oviduct	Uterus (womb)
Cervix	Vagina	Endometrium (uterus lining)



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### Resource B: Labelled Diagram of the Female Reproductive System



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### Resource C: Word Match

The terms below are key to understanding the menstrual cycle. Keeping the column of terms intact, cut out the definitions and try to match the correct definition to each term.

Term	Definition
Ovaries	Two thin tubes connecting the ovaries to the uterus (womb) An ovum will travel down one of these tubes to reach the uterus (womb) after ovulation.
Uterus (womb)	The release of an ovum (egg) from one of the ovaries Usually happens on day 14 of the menstrual cycle
Oviducts	The lining of the uterus (womb) that grows thick in preparation for a fertilised ovum (egg) It is shed during menstruation (a period).
Cervix	Where a fertilised ovum (egg) develops and grows into a baby
Ovulation	Where ova (eggs) are produced in the female body
Endometrium	The entrance to the uterus (womb) from the vagina



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### Resource D: Word Match (Teacher Copy)

The terms and correct definitions are below.

Term	Definition
Ovaries	Where ova (eggs) are produced in the female body
Uterus (womb)	Where a fertilised ovum (egg) develops and grows into a baby
Oviducts	Two thin tubes connecting the ovaries to the uterus (womb) An ovum will travel down one of these tubes to reach the uterus (womb) after ovulation.
Cervix	The entrance to the uterus (womb) from the vagina
Ovulation	The release of an ovum (egg) from one of the ovaries Usually happens on day 14 of the menstrual cycle
Endometrium	The lining of the uterus (womb) that grows thick in preparation for a fertilised ovum (egg) It is shed during menstruation (a period).

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### Resource E: Events in the Menstrual Cycle

Read the statements below about the stages of the menstrual cycle.

Cut out the statements and arrange them in the correct order on

**Resource F: Order of Events in the Menstrual Cycle.**

The endometrium starts to build up again to receive a fertilised ovum.

The ovum travels down the oviduct to the uterus.

If the ovum is not fertilised, it does not implant in the endometrium and disintegrates.

The ovary releases a mature ovum. This is called ovulation.

An ovum is maturing in the ovaries.

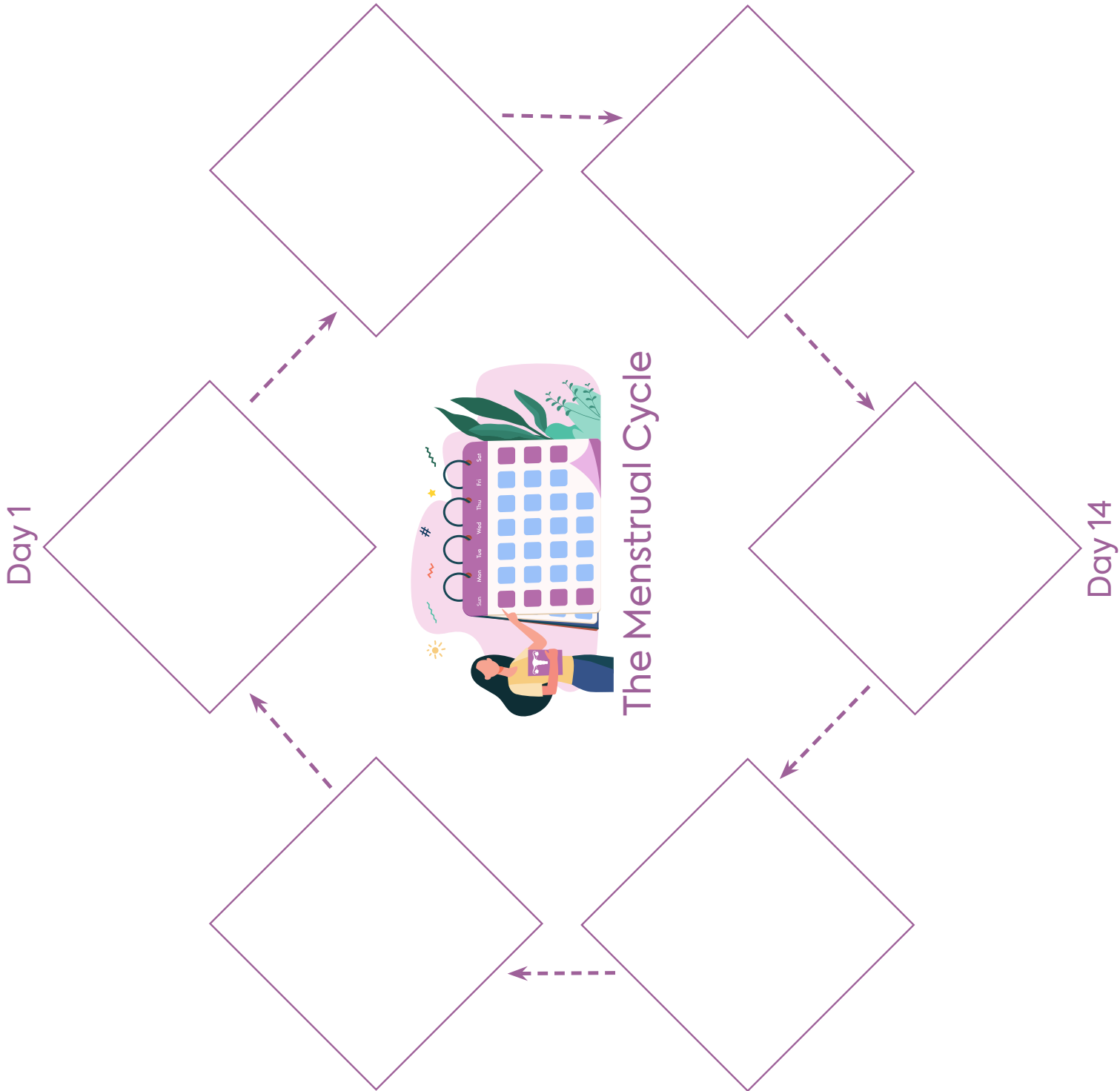
The unfertilised ovum and endometrium are shed from the body. This is a period.





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## Resource F: Order of Events in the Menstrual Cycle



### Unit 1: The Menstrual Cycle

### Resource G: Order of Events in the Menstrual Cycle (Teacher Copy)

