

Middle School FLASH Lesson 1
Reproductive System & Pregnancy
30 Minute, Zoom-Friendly P.E. Lesson

Learning Objectives:

1. Describe basic reproductive organs and their functions.
2. Describe conception and its relation to the menstrual cycle.
3. Describe the signs and symptoms of pregnancy.

Powerpoint (Includes Videos): https://docs.google.com/presentation/d/1S-9z4A_hL4f-XvfmhGARWxca2Lv4zk_jHo1QSsl4Mqw/edit?usp=sharing

5 minutes	<p>Introduction</p> <p>During this unit, we will be covering the following topic: the reproductive system, pregnancy, identity, dating and healthy relationships, saying no to sex, condoms, STDs including HIV, and Birth control. I hope this unit is helpful and interesting for everyone!</p> <p>Before we start, we are going to set up some group agreements. These are behaviors we all need to follow in order to help us have a respectful and comfortable space to learn.</p> <p>Display a list of group agreements. Allow students to add to the list. Agreements may include:</p> <ul style="list-style-type: none"> • Confidentiality (not sharing names, stories stay in our class). • Respect • Everyone has the right to pass • Proper terminology (Using medically accurate language wherever possible) • Respect different perspectives & experiences • Remember that we're all learning <p><i>When addressing confidentiality, remind students of your status as a mandatory reporter.</i></p> <p>Provide students with the link to submit anonymous questions.</p> <p>If you have questions that come up during this unit that you would rather ask confidentially, you can submit them to this link and a health educator will respond with answers. https://forms.gle/1jv9RpwAymwVXnQw8</p> <p>(SLIDE) Play Introduction Video (1:47) https://youtu.be/GRSmLR8zwx</p>
15 minutes	<p>Reproductive Organs</p> <p><u>Female Reproductive System</u></p> <p>(SLIDE) Play video (6:30) https://youtu.be/ooRvdRgc_KY Pause for questions.</p> <p><u>Male Reproductive System</u></p> <p>(SLIDE) Play Video (5:15) https://youtu.be/Y1B8-C7nCI Pause for questions</p>

10 minutes

Trivia Exercise!

We are going to play a true or false trivia exercise game.

Invite students to stand up/ turn their cameras on and get ready to move their bodies.

I'm going to read a statement and if you think the answer is true you will do a lunge! If you think the answer is false, I want to see you do a squat! (Alternate movements can be substituted)

True or False...

1. **(SLIDE)** The menstrual period lasts about a day each month.
 - *False. It usually takes between 2 and 10 days for the uterus to completely empty. There are about 4 to 6 tablespoons of blood and tissue in all.*
2. **(SLIDE)** The human sperm cell is about as big as an apple seed?
 - *False. A sperm cell is so small you cannot see it without looking through a microscope.*
3. **(SLIDE)** Alcohol is harmful for a pregnancy.
 - *True. Alcohol can cause dangerous health problems and learning problems for the baby.*
4. **(SLIDE)** Ovulation usually happens during a person's menstrual period.
 - *False. Ovulation usually happens 2 weeks before the next period. If the person does not get pregnant, the extra lining in the uterus is not needed. So after 2 weeks, it comes out. That's called menstruating or "having a period."*
5. **(SLIDE)** All male reproductive systems look exactly the same, as do all female reproductive systems.
 - *False. People's genitals and their internal reproductive organs can look very different, but still be normal and healthy. A person's penis, clitoris or labia can be different sizes or a person might have only one testicle or ovary. Some people might have testes as well as vagina. The pictures we looked at in class today do not look like everyone's bodies.*
6. **(SLIDE)** A person might suspect they're pregnant if they've had unprotected penis-in-vagina sex and if they have missed a period.
 - *True. A person might also suspect they're pregnant if they've taken a pregnancy test that came back positive, or if they have symptoms like swollen breasts, feeling tired, nausea, and urinating more often.*
7. **(SLIDE)** Semen and sperm are the same thing.
 - *False. Semen is the fluid that helps sperm live. It is made up of fluids from the Cowper's glands, the prostate and the seminal vesicles. A teaspoonful or less of semen comes out each time a person ejaculates. Sperm make up about 5% of the volume of semen.*
8. **(SLIDE)** The male and female reproductive systems have many similarities.
 - *True. There are many similarities: the clitoris and penis are both made of erectile tissue and both get erections; the ovaries and testicles both produce sex cells (sperm and egg) and make hormones; the fallopian tubes and vas deferens are both two sets of tubes connecting the ovaries or testicles to the rest of the reproductive system. One reason there are so many similarities is because all embryos start out with the same parts. An embryo could go on to develop into either sex, depending on what chromosomes are present.*

Weekly Log Questions:

1. What are the reproductive organs in the male and female body that produce hormones?
 - a. Testicles, Ovaries
2. Fill in the blank: Three steps in the process of pregnancy are- ovulation, _____, and implantation.
 - a. Fertilization