

Prior Learning (Skills)

- Can celebrate what they like about their own and others' self- image and body-image
- Can suggest ways to boost self-esteem of self and others
- Recognise that puberty is a natural process that happens to everybody and that it will be OK for them
- Can ask questions about puberty to seek clarification
- Can express how they feel about having a romantic relationship when they are an adult
- Can express how they feel about having children when they are an adult
- Can express how they feel about becoming a teenager
- Can say who they can talk to if concerned about puberty or becoming a teenager/adult

Prior Learning (Knowledge)

- Know what perception means and that perceptions can be right or wrong
- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know that sexual intercourse can lead to conception
- Know that some people need help to conceive and might use IVF
- Know that becoming a teenager involves various changes and also brings growing responsibility

Key Skills

- Recognise ways they can develop their own self-esteem
- Can express how they feel about the changes that will happen to them during puberty
- Recognise how they feel when they reflect on the development and birth of a baby
- Understand that mutual respect is essential in a boyfriend / girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to
- Can celebrate what they like about their own and others' self- image and body-image
- Use strategies to prepare themselves emotionally for the transition (changes) to secondary school



Year 6 – PSHE Changing Me



The Jigsaw! Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

Jiggy Jem

Journal

Mindfulness

Journal

Jerrie Cat's 'paws'

Key knowledge

- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know how a baby develops from conception through the nine months of pregnancy and how it is born
- Know how being physically attracted to someone changes the nature of the relationship
- Know the importance of self-esteem and what they can do to develop it
- Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving

Vocabulary

self image	the idea one has of one's abilities, appearance, and personality
mental health	a person's condition with regard to their psychological and emotional well-being.
puberty	the period during which adolescents reach sexual maturity and become capable of reproduction.
pregnancy	the condition or period of being pregnant.
foetus	an unborn or unhatched offspring of a mammal, in particular an unborn human more than eight weeks after conception.
contraception	the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse
Mid wife	Someone who provides care and support to women and their families while pregnant, throughout labour and during the period after a baby's birth
labour	the process of childbirth from the start of uterine contractions to delivery.
conception	the action of conceiving a child or of one being conceived
fertilised	cause an egg or female animal to develop a new individual by introducing male reproductive material.
unfertilised	An egg not fertilized
sexual intercourse	sexual contact between individuals involving penetration, especially the insertion of a man's erect penis into a woman's vagina, typically culminating in orgasm and the ejaculation of semen
embryo	an unborn or unhatched offspring in the process of development
umbilical cord	a flexible cordlike structure containing blood vessels and attaching a human or other mammalian foetus to the placenta
ovaries	a female reproductive organ in which ova or eggs are produced
egg/ovum	a mature female reproductive cell, especially of a human or other animal, which can divide to give rise to an embryo usually only after fertilization by a male cell.
sperm/semen	the male reproductive fluid
erection	an enlarged and rigid state of the penis, typically in sexual excitement
ejaculation	the action of ejecting semen from the body.
penis	the male genital organ