

## Year 6 'Changing Me' Coverage Summer Term 2

As part of our new agreed policy for PSHE & RSE we inform parents of the coverage of our 'Change Me' theme for the last half term. Please contact staff via the Year 6 email if you have any queries.

Week	Lesson	PSHE Learning Intentions	Social & Emotional Learning Intentions	Key Vocabulary
1	My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem	Self-image Self-esteem Real self Celebrity
2	Parts of the body	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby (Year 4)	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult (Year 4)	Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries Making love Having sex Sexual Intercourse Fertilise Conception
3	Puberty for Girls	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that	I have strategies to help me cope with the physical and emotional changes I will experience during puberty (Year 4)	Puberty Menstruation Periods Sanitary towels

		<p>menstruation (having periods) is a natural part of this (Year 4)</p> <p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally (Year 5)</p> <p>I can explain how girls' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p>	<p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me (Year 5)</p> <p>I can express how I feel about the changes that will happen to me during puberty (Year 6)</p>	<p>Sanitary pads</p> <p>Tampons</p> <p>Ovary/ Ovaries</p> <p>Ovulation</p> <p>Vagina</p> <p>Oestrogen</p> <p>Vulva</p> <p>Womb/Uterus</p> <p>Clitoris</p> <p>Masturbation</p> <p>Opportunities</p> <p>Freedoms</p> <p>Responsibilities</p> <p>Hips Widen</p> <p>Growing Taller</p> <p>Menstruation</p> <p>Pubic Hair</p> <p>Breasts</p> <p>Underarm Hair</p> <p>Feeling Moody</p> <p>Fallopian Tube</p>
4	Puberty for Boys	<p>I can describe how boys' and girls' bodies change during puberty (Year 5)</p> <p>I can explain how boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally (Year 6)</p>	<p>I can express how I feel about the changes that will happen to me during puberty</p>	<p>Puberty</p> <p>Sperm</p> <p>Penis</p> <p>Semen</p> <p>Testicles/Testes</p> <p>Erection</p> <p>Ejaculation</p> <p>Wet dream</p>

				<p>Larynx          Facial hair          Growth spurt          Hormones          Growing Taller          Voice Breaks          Pubic Hair          Underarm Hair          Feeling Moody          Masturbation          Opportunities          Freedoms          Responsibilities</p>
5	<p>Babies:          Conception          to Birth</p>	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made (Year 5)          I also understand that sometimes people need IVF to help them have a baby (Year 5)          I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born (Year 6)</p>	<p>I appreciate how amazing it is that human bodies can reproduce in these ways (Year 5)          I can recognise how I feel when I reflect on the development and birth of a baby (Year 6)</p>	<p>Relationships          Conception          Making love          Sexual intercourse          Fallopian tube          Fertilisation          Pregnancy          Embryo          Umbilical cord          Contraception          Fertility treatment (IVF)          Foetus          Placenta          Labour</p>

				<p>Contractions</p> <p>Cervix</p> <p>Midwife</p>
6	<p>Boyfriends and Girlfriends</p>	<p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p>	<p>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to</p>	<p>Attraction</p> <p>Relationship</p> <p>Pressure</p> <p>Love</p> <p>Sexting</p>
7	<p>Real self and ideal self</p>	<p>I am aware of the importance of a positive self-esteem and what I can do to develop it</p>	<p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'</p>	<p>Self-esteem</p> <p>Negative body-talk</p> <p>Choice</p> <p>Feelings/emotions</p> <p>Challenge</p> <p>Mental health</p>
8	<p>The Year Ahead</p>	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</p>	<p>I know how to prepare myself emotionally for the changes next year.</p>	<p>Transition</p> <p>Secondary</p> <p>Looking forward</p> <p>Journey</p> <p>Worries</p> <p>Anxiety</p> <p>Hopes</p> <p>Excitement</p>