**PSHE Term 6**

**Changing Me**

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| **Piece 1** | **Unit** | **Lesson** |
| **1: Self and Body Image** | **Year 6** | 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 |
| **2: Puberty** | **Year 6** | I can explain how girls’ and boys’ bodies change during puberty and understand the importance of looking after yourself physically and emotionally. |
| **3: Girl Talk/ Boy Talk (split)** | **Year 6** | I can ask the questions I need answered about changes during puberty.  ***Vocab (boys): Puberty, Sperm, Semen, Testicles/Testes Erection, Ejaculation, Wet dream, Larynx , Facial hair ,Growth spurt Hormones.***  ***Vocab (Girls): Puberty, Menstruation, Periods, Sanitary towels Sanitary pads, Tampons, Ovary, Vagina and Womb/Uterus*** |
| **4: Conception** | **Year 6** | I understand that sexual intercourse can lead to conception and that is how babies are usually made.  I also understand that sometimes people need IVF to help them have a baby I appreciate how amazing it is that human bodies can reproduce in these ways.  ***Vocab: Relationships, Conception ,Making love Sexual intercourse, Fallopian tube, Fertilisation Pregnancy, embryo, Umbilical cord, Contraception Fertility treatment (IVF)*** |
| **4: Babies – Conception to Birth**  **(from Year 6 )** | **Year 6** | I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.  I recognise how I feel when I reflect on the development and birth of a baby  ***Vocab: Pregnancy, Embryo, Foetus, Placenta, Umbilical cord, Labour, Contractions, Cervix and Midwife*** |
| **5: Attraction** | **Year 6** | I understand how being physically attracted to someone changes the nature of the relationship.  I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this. |
| **6: Transition to Secondary** | **Year 6** | I can identify what I am looking forward to and what worries me about the transition to secondary school.  I know how to prepare myself emotionally for starting secondary school. |

**Year 6**