

Year 6 Summer 2 PSHE Healthy relationships / how a baby is



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about

The changes that occur during puberty

- can identify the physical, emotional and behavioural changes that occur during puberty for both males and females
- understand that puberty is individual and can occur any time between 8-17
- understand that body changes at puberty are a preparation for sexual maturity

Different attitudes and values around gender stereotyping and sexuality and consider their origin and impact

- understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture
- can recognise and challenge gender stereotypes
- understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

What values are important to them in relationships and to appreciate the importance of friendship in intimate relationships

- can identify positive qualities and expectations from a variety of relationships
- can explain the similarities and differences between friendships and intimate relationships
- can describe that there are different types of intimate relationships, including marriage
- understand that sex or making love may be one part of an intimate relationship between adults

What should I already know:

Physical changes in our bodies related to puberty

Menstruation

How to manage Personal hygiene

Strategies to dealing with feelings omj complex relationships

Big Question:

Can you define conception?

Zones of regulation



The end point:

To know how a baby is made.

To know what skills and qualities are needed to make a healthy relationship.

Key vocabulary

puberty, emotional, physical, behavioural, changes, attitudes, values, gender, stereotyping, age, religion, culture, values, relationships, friendships, differences, love, reproduction, human life cycle, reproductive organs, conception, pregnancy, womb, uterus, egg, ovum, menstruation, periods, responsibilities, parents, skills, qualities, erection, vagina, contraception, lifecycle, roles, sex, support, advice.

Powerful knowledge/skills for this unit: continued

Pupils learn about

Human reproduction in the context of the human lifecycle

- understand that sexuality is expressed in a variety of ways between consenting adults
- know that sexual intercourse may be one part of a sexual relationship
- can describe how babies are made and explain how sexual intercourse is related to conception
- can name the male and female sex cells and reproductive organs

How a baby is made and grows (conception and pregnancy)

- know the male and female body parts associated with conception and pregnancy
- can define conception and understand the importance of implantation in the womb
- know what pregnancy is, where it occurs and how long it takes

Roles and responsibilities of carers and parents

- can identify some of skills and qualities needed to be parent and carer
- understand the variety of ways in which parents and carers meet the needs of babies and children
- can recognise that both men and women can take on these roles and responsibilities

Answering each other's questions about sex and relationships with confidence, where to find support and advice when they need it

- can answer each other's questions about sex and relationships
- can use appropriate language to discuss sex and relationships and growing up with confidence
- can identify sources of information, support and advice for children and young people

Mindmate Monday lesson



Year 6 Summer 1: Body image /Social media

Lesson focus: I can talk & listen in difficult discussions

Pupils should have the opportunity to...recognise how images & campaigns in the media & social media do not always reflect reality & can affect how people feel about themselves e.g. body image, eating issues share their opinions on things that matter to them & explain their views through discussions with one other person & the whole class

Year 6 Summer 2: Winning What does it take

Lesson focus: I can look after my mental health

Pupils should have the opportunity to...identify ways that people can look after their mental health understand the importance of being healthy physically, emotionally & mentally

