

PSHE Year 6 Summer 2– Changing me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- Be aware of my own self-image and how my body image fits into that explain how girl's and boys' bodies changes during puberty and understand the importance of looking after myself physically and emotionally
- describe how a baby develops from conception through the nine months of pregnancy, and how it is born
- understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend
- now myself well enough to maintain positive relationships with others whilst still keeping my own identity
- be aware of the importance of a positive self-esteem and what I can do to develop it
- identify what I am looking forward to when I move to my next class

Social and emotional skills

I will:

- know how to develop my own self esteem
- express how I feel about the changes that will happen to me during puberty
- recognise how I feel when I reflect on the development and birth of a baby
- 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
- be assertive when appropriate
- express how I feel about my self-image and know how to challenge negative 'body-talk'
- know how to prep are myself emotionally for the changes next year

Key vocabulary

Adolescent, assertive, attraction, baby, caesarean, celebrity, cervix, challenge, choice, contractions, consent, criticise, embryo, feelings/emotions, foetus, freedoms, identity, independence, journey, labour, looking forward, love, mental health, midwife, negative body-talk, opportunities, placenta, pregnancy, pressure, puberty, real self, relationship, relationships, responsibilities, secondary, self-esteem, self-image, sexting, transition, umbilical cord, values, worries

Big Question: How do you feel about becoming a teenager?

The zones of regulation



By the end of this topic...

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 becoming a teenager and how I feel about the development and birth of a baby

Mindmate Monday lesson

MindMate

Year 6 Summer 2 Solving problems

Lesson focus: Keeping healthy I can look after my mental health

Pupils should have the opportunity to... I know that there are different strategies that people can use to support their mental health I understand the importance of being healthy, physically, emotionally and mentally.

I can say something positive about myself and others and can offer and receive praise for these things