

Newquay Junior Academy – Summer 2 Sequence – PSHE Changing Me



YEAR 3

Prior knowledge...there are different life cycles in nature including that of humans. They know some changes between baby, toddler, child, teenager, adult and old -age

YEAR 4

Prior knowledge... the male and female body needs to change at puberty so their bodies can make babies when they are adults • some of the outside and inside changes that happen during puberty

YEAR 5

Prior knowledge...names of the different internal and external body parts that are needed to make a baby • how the female and male body change at puberty • personal hygiene is important during puberty and as an adult

YEAR 6

Prior knowledge...how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • sexual intercourse can lead to conception

INTENT

Pupils will...look at the outside body changes in males and females; learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when grownup

Pupils will... revisit bodily changes at puberty with some additional vocabulary, particularly around menstruation; learn about sanitary health, including introducing pupils to different sanitary and personal hygiene products; be introduced to conception and sexual intercourse in simple terms so the children understand that a baby is formed by the joining of an ovum and sperm

Pupils will ... learn that we all have perceptions about ourselves and others, and these may be right or wrong; reflect on how social media and the media can promote unhelpful comparison and how to manage this; look at what becoming a teenager means for them with an increase in freedom, rights and responsibilities

Pupils will ... learn about childbirth and the stages of development of a baby, starting at conception; talk about being physically attracted to someone and the effect this can have upon the relationship; discuss relationships and the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to.

VOCABULARY / STICKY KNOWLEDGE

Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Womb / uterus, Vagina, Stereotypes

- Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults
- Know some of the outside body changes that happen during puberty
- Know some of the changes on the inside that happen during puberty

Sperm, Egg / ovum, Penis, Testicles, Vagina / vulva, Womb / uterus, Ovaries, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions.

- Know that babies are made by a sperm joining with an ovum
- Know the names of the different internal and external body parts that are needed to make a baby
- Know how the female and male body change at puberty
- Know that change can bring about a range of different emotions

Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra

- 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

Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, labour, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Rights, opportunities, freedoms, responsibilities, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement.

- Know how a baby develops from conception through the nine months of pregnancy and how it is born
- Know the importance of self-esteem and what they can do to develop it

SEQUENCE OF LESSONS

- 1.To understand how babies grow
- 2.To discuss the development of babies
- 3.To discuss outside body changes as we grow older
- 4.To discuss internal body changes as we grow older
- 5.To discuss and consider family stereotypes

- 1.To discuss the concept of 'Unique Me'
- 2.To label the internal and external parts of male and female bodies that are necessary for making a baby
- 3.To discuss how girls change during puberty
- 4.To consider the 'Circles of Change' and how it applies to their life
- 5.To discuss changes that have been and may continue to be outside of their control that they learn to accept

- 1.To develop their understanding of self and body image
- 2.To consider the changes for girls during puberty
- 3.To consider the changes for boys during puberty
- 4.To understand how conception can lead to babies being born
- 5.To know who to ask if they are worried about change.

- 1.To discuss how to develop self-esteem.
- 2.To consider how they feel about puberty
- 3.To describe the changes from conception to birth
- 4.To consider how friendships can change (Boyfriends and girlfriends)
- 5.To develop strategies to dismiss negative body talk

OUTCOME / COMPOSITE

Pupils will...

Know that the male and female body needs to change at puberty so their bodies can

Pupils will...

Know the names of the different internal and external body parts that are needed to make

Pupils will...

Know how girls' and boys' bodies change during puberty and understand the

Pupils will...

Know how being physically attracted to someone

make babies when they are adults

Know some of the outside and inside changes that happen during puberty

a baby

Know how the female and male body change at puberty

importance of looking after themselves physically and emotionally

Know that sexual intercourse can lead to conception

changes the nature of the relationship

Know the importance of self-esteem and what they can do to develop it