

Year 6 "Changing Me" Relationships and Sex Education at Burford Primary School

Theme	Lesson Content & vocabulary	PSHE learning intention	Social & Emotional Development Learning Intention
<p>Understand that everyone is unique and special</p> <p>Relationships Ed Health Education</p>	<p>My Self Image</p> <ul style="list-style-type: none"> • <i>Self-image</i> • <i>Self-esteem</i> • <i>Real self</i> • <i>Celebrity</i> 	<p>I am aware of my own self-image and how my body image fits into that</p>	<p>I know how to develop my own self esteem</p>
<p>Can express how they feel when change happens</p> <p>Health Education</p> <p>“Operation Ouch: Don’t panic about puberty!”</p>	<p>Puberty</p> <ul style="list-style-type: none"> • <i>Opportunities</i> • <i>Freedoms</i> • <i>Responsibilities</i> • <i>Puberty</i> <p>Followed by girl talk / boy talk opportunity to ask age appropriate questions</p>	<p>I can explain how girls’ and boys’ bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p>	<p>I can express how I feel about the changes that will happen to me during puberty</p>
<p>Understand and respect the changes that they see in themselves</p> <p>“Operation Ouch: How Babies are made?”</p> <p>Sex Education (non-statutory)</p>	<p>Babies: Conception to Birth</p> <ul style="list-style-type: none"> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Foetus</i> • <i>Placenta</i> • <i>Umbilical cord</i> • <i>Labour</i> • <i>Contractions</i> • <i>Cervix</i> • <i>Midwife</i> 	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p>	<p>I can recognise how I feel when I reflect on the development and birth of a baby</p>
<p>Understand and respect the changes that they see in other people</p> <p>“Operation Ouch: How Babies are made?”</p> <p>Sex Education (non-statutory)</p>	<p>Boyfriends and Girlfriends</p> <ul style="list-style-type: none"> • <i>Attraction</i> • <i>Relationship</i> • <i>Pressure</i> • <i>Love</i> • <i>Consent</i> 	<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>Know who to ask for help if they are worried about change</p> <p>Health Education</p>	<p>Real self and ideal self</p> <ul style="list-style-type: none"> • <i>Self-esteem</i> • <i>Negative body-talk</i> • <i>Choice</i> • <i>Feelings/emotions</i> • <i>Challenge</i> • <i>Mental health</i> 	<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>Are looking forward to change</p>	<p>The Year Ahead</p>	<p>I can identify what I am looking forward</p>	<p>I know how to prepare myself emotionally for</p>

Health Education	<ul style="list-style-type: none">• <i>Transition</i>• <i>Secondary</i>• <i>Looking forward</i>• <i>Journey</i>• <i>Worries</i>• <i>Anxiety</i>• <i>Hopes</i>• <i>Excitement</i>	to and what worries me about the transition to secondary school /or moving to my next class.	the changes next year.
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