

What I Need to Know: Y6 RSHE – Growing and Changing

We nurture the curiosity to learn, the courage to lead and the compassion to care.

By the end of this unit, we will have a good understanding of 'being my best self.' We will revisit puberty topics including physical and emotional changes and we will consider how to keep ourselves safe within our peer group and beyond.



Create, Communicate & Evaluate

- Create a personal PMI (positive, minus, interesting) chart to record changes we have experienced or will experience (physical and emotional)



Question, Reason, Discuss & Explain

- Discuss and challenge the use of stereotyping.
- Explain how people can feel pressured to behave in a certain way because of the influence of the peer group.
- Discuss the risks of sharing images online and how these can be hard to control once shared.
- Define and explain the word 'puberty' giving examples of some of the physical and emotional changes associated with it.
- Understand and discuss the term 'consent'.



Know & Do

- Know some of the changes we have experienced and our emotional responses to those changes
- Know a variety of ways in which the sperm can fertilise the egg to create a baby (Parents can withdraw their child from this lesson).

Vocabulary I need to know...

body image, self-esteem, manipulation, media manipulation, stereotype, gender stereotype, peer pressure, consent, right to privacy, sharing online, online safety, change, support, conversation, discussion, puberty, physical changes, emotional changes, rights, FGM.

Making Babies lesson:

periods, ovary, vagina, vaginal opening, fallopian tube, uterus, womb, cervix, erection, fertilised, egg, sperm, sexual intercourse, ovulation, embryo, breasts, adoption, surrogacy, IVF

Opportunities to support English and maths

- Skim and scan texts to retrieve information or quotes quickly and accurately
- Summarise main ideas from more than one paragraph
- Make and justify inferences with appropriate evidence from the text
- Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities

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