

## Year 6

## Puzzle: Changing Me

## Summer 2

Puzzle Piece	Weekly Celebration	Learning Intention/Objective	Vocabulary
<b>1. My Self Image</b>	Understand that everyone is unique and special	I am aware of my own self-image and how my body image fits into that.	<ul style="list-style-type: none"> <li>• <i>Self-image</i></li> <li>• <i>Self-esteem</i></li> <li>• <i>Real self</i></li> <li>• <i>Celebrity</i></li> </ul>
<b>Puberty for Girls</b>	Understand that everyone is unique and special	I am aware of my own self-image and how my body image fits into that.	<ul style="list-style-type: none"> <li>• <i>Puberty</i></li> <li>• <i>Menstruation</i></li> <li>• <i>Periods</i></li> <li>• <i>Menstrual towels</i></li> <li>• <i>Menstrual pads</i></li> <li>• <i>Tampons</i></li> <li>• <i>Ovary/ Ovaries</i></li> <li>• <i>Vagina</i></li> <li>• <i>Oestrogen</i></li> <li>• <i>Vulva</i></li> <li>• <i>Womb/Uterus</i></li> </ul>
<b>2. Puberty</b>	Can express how they feel when change happens	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	<ul style="list-style-type: none"> <li>• <i>Opportunities</i></li> <li>• <i>Freedoms</i></li> <li>• <i>Responsibilities</i></li> <li>• <i>Puberty vocabulary as represented on the flash cards (and possibly adapted for your class)</i></li> </ul>
<b>Puberty for Boys (Located in</b>	Understand and respect the changes that they see in themselves	I can describe how boys' and girls' bodies change during puberty	<ul style="list-style-type: none"> <li>• <i>Puberty</i></li> <li>• <i>Sperm</i></li> <li>• <i>Semen</i></li> <li>• <i>Testicles/Testes</i></li> <li>• <i>Erection</i></li> </ul>

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			<ul style="list-style-type: none"> <li>• Ejaculation</li> <li>• Wet dream</li> <li>• Larynx</li> <li>• Facial hair</li> <li>• Growth spurt</li> <li>• Hormones</li> </ul>
Conception	Understand and respect the changes that they see in other people.	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby.</p>	<ul style="list-style-type: none"> <li>• Relationships</li> <li>• Conception</li> <li>• Making love</li> <li>• Sexual intercourse</li> <li>• Fallopian tube</li> <li>• Fertilisation</li> <li>• Pregnancy</li> <li>• Embryo</li> <li>• Umbilical cord</li> <li>• Contraception</li> <li>• Fertility treatment (IVF)</li> </ul>
3. Babies: Conception to Birth	Understand and respect the changes that they see in themselves	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.	<ul style="list-style-type: none"> <li>• Pregnancy</li> <li>• Embryo</li> <li>• Foetus</li> <li>• Placenta</li> <li>• Umbilical cord</li> <li>• Labour</li> <li>• Contractions</li> <li>• Cervix</li> <li>• Midwife</li> </ul>

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<p><b>4. Boyfriends and Girlfriend</b></p>	<p>Understand and respect the changes that they see in other people</p>	<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>	<ul style="list-style-type: none"> <li>• <i>Attraction</i></li> <li>• <i>Relationship</i></li> <li>• <i>Pressure</i></li> <li>• <i>Love</i></li> <li>• <i>Sexting</i></li> <li>• <i>Consent</i></li> </ul>
<p><b>4a. Adolescent Friendships</b></p>	<p>Understand and respect the changes that they see in other people</p>	<p>I know myself well enough to maintain positive relationships with others whilst still keeping my own identity.</p>	<ul style="list-style-type: none"> <li>• <i>Independence</i></li> <li>• <i>Identity</i></li> <li>• <i>Values</i></li> <li>• <i>Relationships</i></li> <li>• <i>Pressure</i></li> <li>• <i>Adolescent</i></li> </ul>
<p><b>5. Real self and ideal self</b></p>	<p>Know who to ask for help if they are worried about change</p>	<p>I am aware of the importance of a positive self-esteem and what I can do to develop it.</p>	<ul style="list-style-type: none"> <li>• <i>Self-esteem</i></li> <li>• <i>Negative body-talk</i></li> <li>• <i>Choice</i></li> <li>• <i>Feelings/emotions</i></li> <li>• <i>Challenge</i></li> <li>• <i>Mental health</i></li> </ul>
<p><b>6. The Year Ahead</b></p>	<p>Are looking forward to change</p>	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</p>	<ul style="list-style-type: none"> <li>• <i>Transition</i></li> <li>• <i>Secondary</i></li> <li>• <i>Looking forward</i></li> <li>• <i>Journey</i></li> <li>• <i>Worries</i></li> <li>• <i>Anxiety</i></li> <li>• <i>Hopes</i></li> <li>• <i>Excitement</i></li> </ul>

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