

Year 6 Term 6 Changing me

Lesson overview	Vocabulary
To be aware of my own self-image and how my body image fits into that. To know how to develop my own self-esteem.	Self-image Self-esteem Real self Celebrity
To be able to explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally. To express how I feel about the changes that will happen to me during puberty.	Opportunities Freedoms Responsibilities Pubic hair Menstruation Semen Tampon Breasts Hormones Ovulation Sperm Testicles
To describe how a baby develops from conception through the nine months of pregnancy, and how it is born. To recognise how I feel when I reflect on the development and birth of a baby.	Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife
To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. 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.	Attraction Relationship Pressure Love Sexting
To be aware of the importance of a positive self-esteem and what I can do to develop it. Express how I feel about my self-image and know how to challenge negative 'body-talk'.	Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health
To identify what I am looking forward to and what worries me about the transition to secondary school. To know how to prepare myself emotionally for the changes next year.	Transition Secondary Looking forward Journey Worries Anxiety Hopes Excitement