



Year 6
PSHE Term
Topic: Growing and changing

<h2 style="text-align: center;">Confusing symptoms of puberty</h2> <p style="text-align: center;">If you're a preteen or teen, you may feel:</p>		
 AWKWARD BODY CHANGES	 YOUR PARENTS DON'T UNDERSTAND YOU	 EXTRA SWEATY AND SMELLY
 GROWTH SPURTS	 EXTRA HAIRY	 YOUR VOICE MAY CRACK
 EMBARASSED ABOUT YOUR PERIOD	 MOODY	 LIKE YOU WANT A SIGNIFICANT OTHER

Key Vocabulary:	
puberty	The time when a child's body changes and grows into an adult. This usually happens between the age of 8-15 years old.
penis	The male sex organ through which the sperm is transferred to a female.
vagina	The tube that connects the uterus (womb) to the outside.
breasts	Breasts are the two rounded parts on the front of a woman's body that develop during puberty. They are made up of glandular tissue and fat.
testicles	Testicles are the two round organs found in men that produce sperm and hormones, including testosterone.
pregnancy	Pregnancy is the period during which a baby develops inside a woman's womb before being born.
sanitary products	Sanitary products are items used by women during their menstrual period to absorb or collect blood, such as pads or tampons.
menstruation (period)	Menstruation, often called a period, is the monthly process where a woman's body sheds the lining of the womb if she has not become pregnant.
healthy relationships	Healthy relationships are connections with others that are based on respect, care, trust, and support.
sexual intercourse	Sexual intercourse is the physical act between two people that can lead to reproduction, where the male's sperm meets with the female's egg.
ovaries	Ovaries are the female reproductive organs that produce eggs and hormones necessary for reproduction.
Womb/uterus	The womb is the organ in a woman's body where a baby grows during pregnancy.

Sequence of Learning:					
Objectives (key knowledge):					
L.O. To know the names of private parts of our bodies.	L.O. To learn facts about body changes during puberty and how to deal with these.	L.O. To know what makes a healthy relationship including romantic and diverse relationships.	L.O. To know why and when people choose to have sex.	L.O. To learn how babies are made.	L.O. To know what support is available to support growing and changes.