



Topic: PSHE




Term: Summer 2

Year: Unit 3

Duration: 6 weeks

## The Powerful Knowledge we will take away from this PSHE Puzzle:

 Knowledge	 Social and Emotional Skills
<p>I will...</p> <ul style="list-style-type: none"> <li>- Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</li> <li>- Know some of the outside body changes that happen during puberty</li> <li>- Know some of the changes on the inside that happen during puberty</li> <li>- Know that in animals and humans lots of changes happen between conception and growing up</li> <li>- Know that in nature it is usually the female that carries the baby</li> <li>- Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</li> <li>- Know that babies need love and care from their parents/carers</li> <li>- Know some of the changes that happen between being a baby and a child.</li> </ul>	<p>I ...</p> <ul style="list-style-type: none"> <li>- Can express how they feel about puberty</li> <li>- Can say who they can talk to about puberty if they have any worries</li> <li>- Can suggest ways to help them manage feelings during changes they are more anxious about</li> <li>- Can identify stereotypical family roles and challenge these ideas, e.g., it may not always be Mum who does the laundry</li> <li>- Can express how they feel about babies</li> <li>- Can describe the emotions that a new baby can bring to a family</li> <li>- Can identify changes they are looking forward to in the next year.</li> </ul>

Our Key Vocabulary	Meaning
 Puberty	<p>Puberty is about getting boys' and girls' bodies ready for making and having babies when they are grown up.</p>
<p>Vagina, uterus (womb) and ovaries</p>	<p>The passage that leads from the womb to the outside is called the vagina. The uterus (womb) grows and gets ready to make a safe space for a baby to grow until it is big enough to be born. The ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time, each month.</p>
<p>Penis, testicles, and sperm</p>	<p>The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing. Sperm can be released through the penis.</p>
 male female	<p>A male person is A female person is</p>
	<p>Having the qualities that you expect a particular type of person to have are stereotypical assumptions.</p>

**What I already know:** The correct names for my body parts and that nobody has the right to hurt the private parts of my body. I know the difference between different types of touch and know who I can talk to if I am touched inappropriately.



### Family Talk Time Learning:

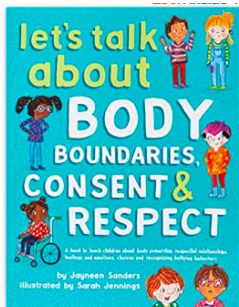
Can you tell me about some of the changes that happen to a puppy / kitten / baby as they grow up?

Can we talk about some of the changes that are going to happen to you as you grow up?

How do you feel about these changes?

Do you have any questions about the changes that are going to happen to you as you grow up?

### **Texts that Teach:**



### Personal reflections: Ask and tell yourself...

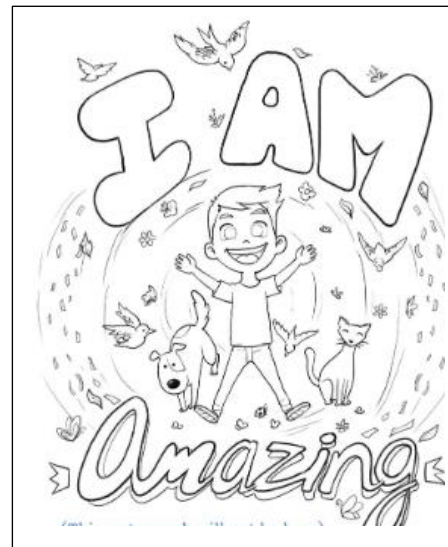


Why are gentle and kind touches important between a parent and a child?

How do I feel about hugs?



### Mindfulness Activities to try:



Close your eyes and think about all the ways that you are amazing.

How does your body make you feel proud?