


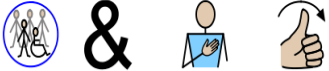
Topic: PSHE

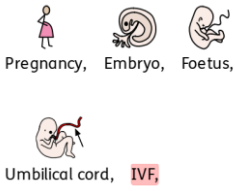
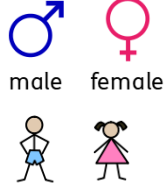
Term: Summer 2

Year: Unit 4

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"> Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally Know that sexual intercourse can lead to conception Know that some people need help to conceive and might use IVF Know that becoming a teenager involves various changes and also brings growing responsibility. Know what perception means and that perceptions can be right or wrong. 	<p>I ...</p> <ul style="list-style-type: none"> Can celebrate what they like about their own and others' self-image and body image Can suggest ways to boost self-esteem of self and others Recognise that puberty is a natural process that happens to everybody and that it will be OK for them Can ask questions about puberty to seek clarification Can express how they feel about having a romantic relationship when they are an adult. Can express how they feel about having children when they are an adult. Can express how they feel about becoming a teenager. Can say who they can talk to if concerned about puberty or becoming a teenager/adult.

Our Key Vocabulary	Meaning
 <p>Pregnancy, Embryo, Foetus, Umbilical cord, IVF.</p>	<p>Pregnancy (or gestation) is the period of time an embryo/foetus needs to develop inside a womb. A foetus is an unborn or unhatched offspring of a mammal, in particular an unborn human more than eight weeks after conception.</p> <p>An umbilical cord connects the baby to the mother's placenta – it supplies nutrients to the foetus.</p> <p>When sexual intercourse isn't possible to conceive a baby, doctors can help people to have a baby, perhaps through egg donation, artificial insemination, surrogacy, or IVF.</p>
<p>Genitalia are the organs of reproduction, relating to the private body parts.</p> <p>Female body parts: Vagina, Vulva, Uterus (womb), Ovaries, fallopian tubes.</p> <p>Male body parts: Penis, testicles, scrotum, urethra.</p>	
 <p>male female</p>	<p>Male and Female sex is assigned (given) to babies when they are born based on their genitalia and chromosomes.</p>
<p>Chromosome Hormones: Testosterone, and Oestrogen</p>	<p>Chromosomes are cells that carry genetic information that form a baby.</p> <p>Hormones are chemical substances that are released into the body by the endocrine glands.</p> <p>Testosterone is a male hormone.</p> <p>Oestrogen is a female hormone.</p>

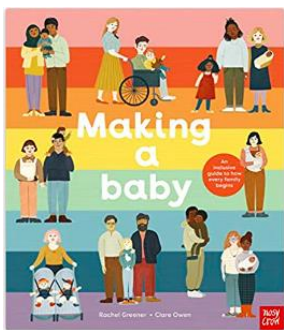
What I already know: I know about menstruation and sanitary health. I will know how babies are conceived and that the ovum and sperm carry genetic information that make me unique. I will have explored strategies that help me cope with feelings related to change.



Family Talk Time Learning:

- Can you tell me how you feel about yourself?
- What can people do if they don't feel great about themselves?
- Can I share with you how I see you and how I care about you?
- Do you have any worries or questions about puberty?
- Do you have any questions that you'd like to ask me about how babies are conceived?
- What do you think it will be like when you are a teenager?
- What kinds of things do you think you will be allowed to do when you are a teenager that you're not allowed to do now?

Texts that Teach:



Personal reflections: Ask and tell yourself...

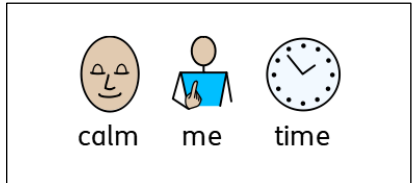
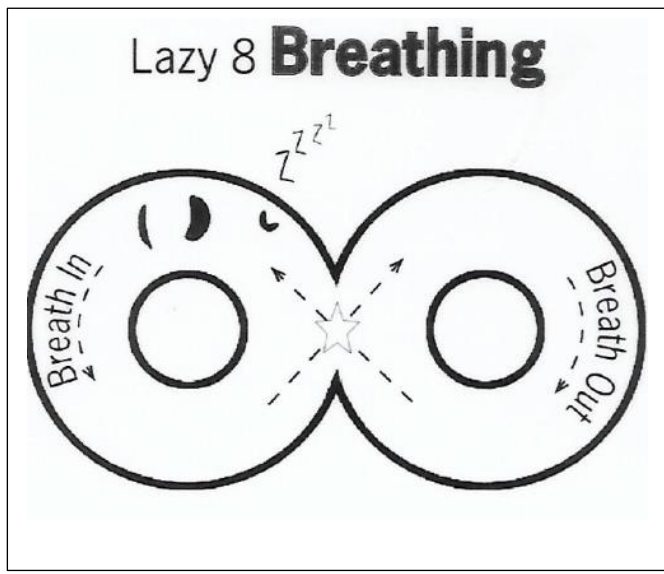


hopes and dreams
 Name: _____
 School _____ Friends _____
 When I grow up... _____ Earth _____

What do you enjoy about being your age now?

What are you looking forward to when you are older?

Mindfulness Activities to try:



Close your eyes and breathe slowly as you draw a number 8 on your leg with your finger.