

Topic: PSHE

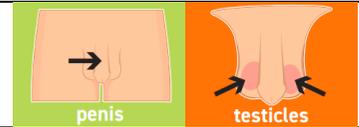
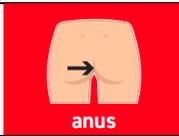
Term: Summer 2

Year: Unit 2

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 the names of male and female private body parts</li> <li>Know that there are correct names for private body parts and nicknames, and when to use them</li> <li>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</li> <li>Know who to ask for help if they are worried or frightened</li> <li>Know that animals including humans have a life cycle</li> <li>Know that changes happen when we grow up</li> <li>Know that people grow up at different rates and that is normal</li> <li>Know that learning brings about change</li> </ul>	<p>I will ...</p> <ul style="list-style-type: none"> <li>Understand and accept that change is a natural part of getting older</li> <li>Can suggest ways to manage change, e.g. moving to a new class</li> <li>Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</li> <li>Can express why they enjoy learning.</li> </ul>

Our Key Vocabulary	Meaning
 <p>vulva</p>	<p>The <b>vulva</b> is the opening and outside parts of a female's (girls and women) private parts. The <b>vagina</b> is the opening and inside parts of a female's private parts.</p>
 <p>penis      testicles</p>	<p>The private body part of males (men and boys).</p>
<p>Private parts are those parts that our swimsuits or underwear cover. These are the parts that are special and important to us and we don't usually show them or talk about them, so we might feel a bit embarrassed or shy. Your parts belong to you, and no-one has the right to touch them without your permission.</p>	
 <p>anus</p>	<p>The anus is the opening where a body gets rid of waste (poo).</p>
 <p>navel</p>	<p>The navel is a small circular scar in the middle of a person's belly</p>
 <p>nipples</p>	<p>Nipples are the raised piece of skin found on our chests.</p>

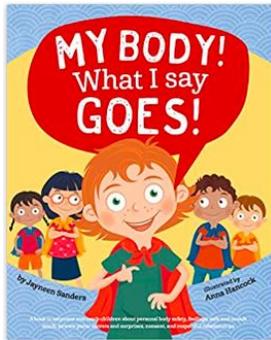
**What I already know:** I will know the names of my body parts and how they have changed since I was a baby. I will know that my body will change in different ways as I get older. I will have explored ways to share a worry when things change.



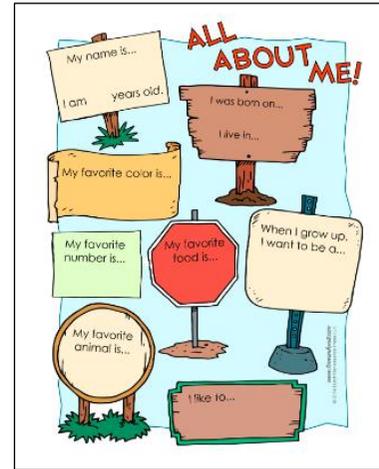
### Family Talk Time Learning:

- What is a life cycle?
- How will you change as you grow up?
- Which parts of your body are private?
- Who is allowed to see your private body parts?
- What should you do if you don't like the way someone is touching you?
- Who can you talk to if you ever feel worried or frightened at home or at school?

### Texts that Teach:



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



**What is the best part about being your age?**

### Mindfulness Activities to try:

Nod your head  
Rub your tummy  
Point to your belly button  
Wiggle your noses  
Shake your hips



Close your eyes and move your body parts as slowly as you can. How does this make your body feel?