



Shadsworth Junior School



Curriculum

Year 6 Scheme of Work

Term: Spring 1

Topic: PSHE – Changing Me

Key Skills and Knowledge:

- I can tell you some ways that I have changed since being a baby and I know the main body parts that make boys and girls different. I know some of the correct names for these and that they are private.
- I can tell you some things that will change for me and how I feel about this.
- I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.
- I can explain why some changes I might experience might feel better than others.
- I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.
- I can also explain when it might be appropriate to talk about these, and when I should not.
- I can suggest things that might change for me in the future and what sort of feelings I might experience if/when these changes happen. I can offer some ideas about how I could manage feelings that are.

Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

- Identify negative thoughts about themselves and identify a positive thought they can fight it off with.
- Sort information about puberty into truths or myths. Write an anonymous question they have about puberty and adults are to address these in split boy/ girl groups.
- Identify if statements about conception are true or false. Match these cards to detailed explanations.
- Sort statements regarding boyfriends/ girlfriends into OK and not OK. Discussion about the statements.
- Two different body templates. On one write ideal-self qualities and on the other write their realself qualities. Compare and talk about how far apart they are and about having good self-esteem.
- Children write down their worried for next school year on a paper. Move through a conscience alley and children offer advice to solve the worry.

Links to PSHCE, Equality and British Values Work

Mutual Respect – Appreciating other people’s worries about change.

Individual liberty – Identifying how they feel about themselves and improving their own self-esteem. Identifying their own ideas about conception and learning if these are correct.

Tolerance of others beliefs – Listening to another person’s point of view.

Key Vocabulary:

Resources Available / Visits/Visitors

Useful Websites:

Self-image	Pubic hair
Self-esteem	menstruation
Real self	facial hair
Celebrity	tampon
Relationships	sanitary towel
Conception	hormones
Making love	penis
Sexual intercourse	vagina
Fallopian tube	Attraction
Relationship	Pressure
Love	Pregnancy
Fertilisation	Embryo
	Contraception

Jigsaw PSHE Scheme
UCLAN

www.jigsawpshe.com

Previous Knowledge:

I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.

I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.