

Year 6 RSE Lessons - Summer Term

Subjects and Issues

Body parts - Feelings - Growing and changing - Puberty - Reproduction - Periods - Menstruation - Wet dreams - Emotions - Personal hygiene - body image - gender identity - sexual intercourse - contraception

- Relationships education
- Science

Learning Outcomes

Children will be able to:

- Identify some products that they may need during puberty and why;
- Know what menstruation is and why it happens.
- Know the correct words for the external sexual organs;
- Discuss some of the myths associated with puberty.
- Recognise the changes that adolescence brings
- Know how a baby is conceived and born
- Understand that there are many types of relationships.
- Understand what a sexual relationship is
- Understand the laws around sexual relationships

DfE Relationships Education and Health Education statutory requirements

Physical Health and Mental Wellbeing

Health Education - changing adolescent body

Pupils should know

- *.Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes*
- *That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations*

Health and prevention

Pupils should know

- *About personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing.*

Respectful Relationships

Pupils should know

- *Practical steps they can take in a range of different context to improve or support respectful relationships*
- *The importance of self-respect and how this links to their own happiness*
- *The importance of permission seeking and giving in relationships with friends,peers and adults.*

Focus	Review Changing Bodies and emotions
Lesson 1	~ Review the changes our bodies go through as we experience puberty and the importance of general hygiene. ~ Activity to match experiences with boys and girls
Resources required	<ul style="list-style-type: none"> • Chris' Story • PPT on overview • Activity statements

Focus	'Relationships'
Lesson 2	~ Introduce term relationship ~ Children collaborate to create own word banks ~ Explore what is meant by loving relationships ~ introduce terminology around recognising and respecting different types of relationships ~ Discuss different ways people commit to each other.
Resources required	https://www.youtube.com/watch?v=PnDgZuGlhHs

Focus	'Let's talk about Sex'
Lesson 3	Students will have the chance to discuss 3 main questions ~ What is a sexual relationship and who can have one? ~ What is an STI and can they be prevented? ~ What type of physical contact is unacceptable and how should we respond? Introduce the notion of sexual intercourse Children will understand the laws around Sex (The powerpoint will be used responsibly by the teacher who will make a judgement on the response of the particular class they are teaching.)
Resources required	<ul style="list-style-type: none"> • Quiz

Focus	'Human Reproduction'
Lesson 4	The children will be focusing on scientific terminology around the subjects of ~ conception ~ pregnancy ~ childbirth Children will create their own comic strip to show the journey from Conception to birth.
Resources required	A short video: From Conception to Birth - YouTube

<https://www.bbc.co.uk/iplayer/episode/m000t0zd/newsround-specials-lets-talk-about-periods>

<https://amaze.org/?topic=puberty>

<https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special>