

PSHE Knowledge Organiser



PSHE Strand/ Year Group

Year 6 – Changing Me

Overview

To learn about puberty in boys/girls and the changes that will happen – they reflect on how they feel about these changes. To learn about childbirth and the stages of development of a baby, starting at conception. Being physically attracted to someone and the effect this can have upon the relationship. Discuss relationships and the importance of mutual respect and not pressuring/being pressured into doing something they don't want to. Self-esteem, why it is important and ways to develop it. Transition to secondary school (or next class) and what they are looking forward to / are worried about and how they can prepare themselves

Knowledge

- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.
- Know how a baby develops from conception through the nine months of pregnancy and how it is born.
- Know how being physically attracted to someone changes the nature of the relationship.
- Know the importance of self-esteem and what they can do to develop it.
- Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class.

Key Vocabulary

body-image	relationship
characteristics	womb
personality	vagina
puberty	penis
perception	sperm
self-esteem	period
pregnancy	conception
birth	menstration

Social and Emotional Skills

- Recognise ways they can develop their own self-esteem.
- Can express how they feel about the changes that will happen to them during puberty.
- Recognise how they feel when they reflect on the development and birth of a baby.
- Understand that mutual respect is essential in a boyfriend / girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to.
- Can celebrate what they like about their own and others' self- image and body-image.
- Use strategies to prepare themselves emotionally for the transition (changes) to secondary school.

