

## National Statutory Requirements (DFE Statutory Guidance on Health Education and Relationship Education)

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- about menstrual wellbeing including the key facts about the menstrual cycle
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- the importance of permission-seeking and giving in relationships with friends, peers and adults
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact

PSHE



Puberty and Reproduction – Year 6

### Progression of Skills (PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

- H17. to recognise that feelings can change over time and range in intensity
- H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)
- H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for<sup>1</sup>
- H34. about where to get more information, help and advice about growing and changing, especially about puberty
- H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk<sup>3</sup>
- R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different
- R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty
- R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);
- R26. about seeking and giving permission (consent) in different situations
- L3. about the relationship between rights and responsibilities

### Series of Lessons

- Identify the physical and emotional changes that happen during puberty and how to manage these.
- Identify the biological changes that happen during puberty and how to manage them.
- Identify the biological changes that happen during puberty and how to manage them.
- About what constitutes a positive, healthy relationship and that relationships can change over time.
- About adult relationships and the human life cycle and about human reproduction (how a baby is made and how it grows).
- Explain the stages of pregnancy and how a baby is born.

### Unit Outcome

In this unit of work, pupils learn:

- how to manage change – new roles and responsibilities as they grow up
- how to manage the physical and emotional changes that happen during puberty
- about the qualities of healthy relationships and recognising an unhealthy relationship
- about adult relationships and the human life cycle
- about human reproduction; how a baby is made and how it grows
- that some people have help to make a baby
- how a baby is made and that different people use different methods to do this.
- how a baby is born

### R&R and Herne Harmony Values

Article 18, Article 34, Article 36

Independence, Respect, Honesty

### Vocabulary

Puberty, physical, emotional, changes, adolescent, sexual maturity, hormones, vagina, cervix, uterus, ovaries, fallopian, vulva, clitoris, periods, period products, menstruation, tubes, penis, urethra, testicles, sperm, semen, wet dreams, ejaculation, erection, sexual intercourse, healthy relationships, unhealthy relationships, consent, life-cycle, birth

### Resources

Flipcharts  
Worksheets on system,  
Baseline Assessments,  
Resources on system.  
Yasmine and Tom