



SAINT JAMES'

The ASPIRE Curriculum-Key Learning



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Title: Changing Me

Year 6 Summer 2

Subject: PSHE

Key Knowledge

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



It means no worries.

Key Skills (Social and Emotional)

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



Positive self esteem

Key Vocabulary

Affirmation	Something that is proven to be true.
Genitals	The outer sexual organs
Hormones	Chemical substances that act like messengers in the body.
IVF	A medical procedure where an egg is fertilized by a sperm in a test tube.
Labour	Painful muscular contractions in the uterus to help a baby be born.
Mental Health	A persons psychological and emotional well being
Negative body talk	Talking about yourself in a negative way.
Sexual intercourse	The insertion of the penis into the vagina
Sexting	Sending inappropriate pictures or messages via social media or phone.
Wet dream	When a boy ejaculates after having a sexual dream.

Changing Me

