



The mindful approach to PSHE

# Year 6

## Changing Me

Vocabulary that will used:

### Lesson 1 & 2

Pubic Hair, Voice Breaks, Menstruation, Semen, Erection, Tampon, Breasts, Wet Dream, ovulation, Masturbation, Sanitary Towel, Clitoris, Testicles, Sperm, Penis, Vagina, Womb, Fallopian tube.

### Lesson 3

Preganancy, Embryo, Feotus, Placenta, umbilical cord, Labour, Contractions, Cervix, Midwife.

### Lesson 1 (25/6/18)

Understand how boys and girls bodies change during puberty and the importance of looking after myself.

### Lesson 2 (26/6/18)

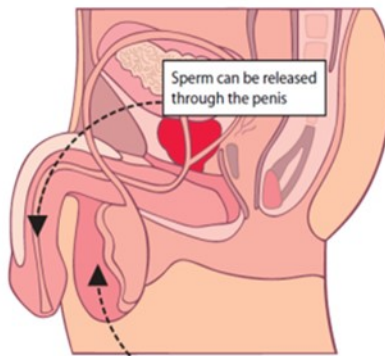
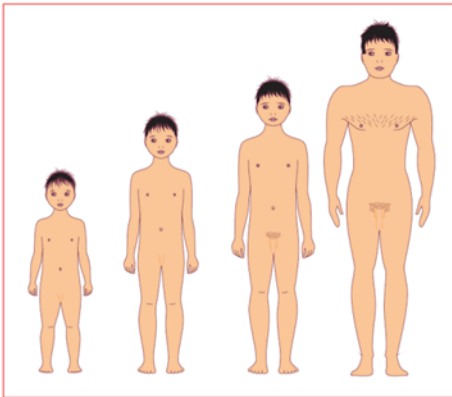
Girl Talk and Boy Talk

— Taught in same sex groups.

Opportunity to ask questions about changes during puberty and reflect on how we feel about asking & the answers we receive.

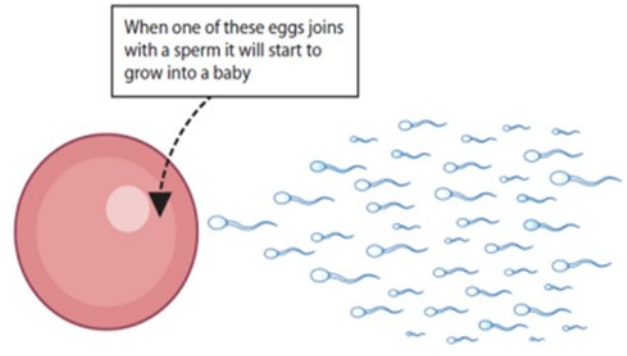
### Lesson 3 (29/6/18)

Understand how a baby develops from conception through preganacy and how it is born.

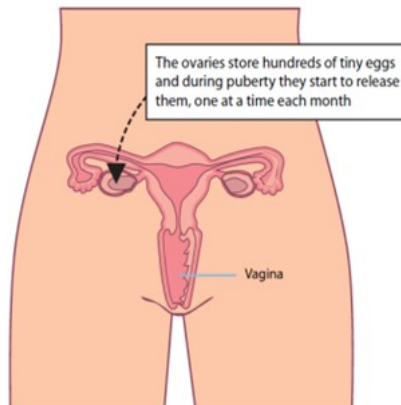
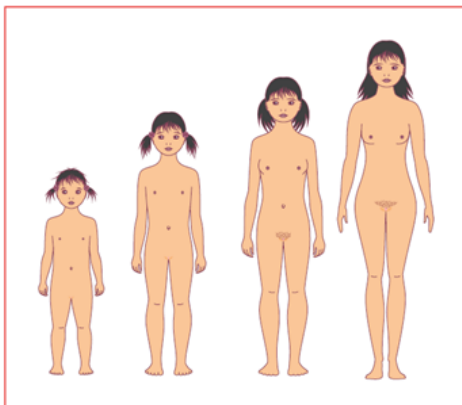


Sperm can be released through the penis

The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing

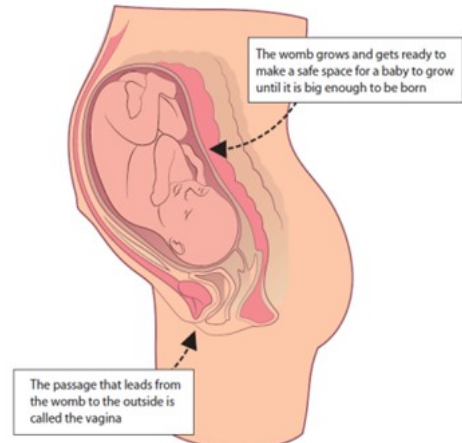


When one of these eggs joins with a sperm it will start to grow into a baby



The ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month

Vagina



The womb grows and gets ready to make a safe space for a baby to grow until it is big enough to be born

The passage that leads from the womb to the outside is called the vagina