

Year 6

Summer 2 – Changing Me



Piece	PSHE learning intention	Social and emotional development learning intention
1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty	I can explain how girls and boys bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
3. Babies – Conception to Birth	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about a girlfriend /boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressurised into doing something I don't want to do
5. Real Self and Ideal Self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
6. The Year Ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school/ or moving to my next class	I know how to prepare myself emotionally for the changes next year