

Weekly Celebration	Pieces & Vocabulary	PSHE learning intention	Social and emotional development learning intention	Resources
<p><b>Understand that everyone is unique and special</b></p>	<p><b>1. Self and Body Image</b></p> <ul style="list-style-type: none"> <li>• <i>Self</i></li> <li>• <i>Self-image</i></li> <li>• <i>Body image</i></li> <li>• <i>Self-esteem</i></li> <li>• <i>Perception</i></li> <li>• <i>Characteristics</i></li> <li>• <i>Aspects</i></li> <li>• <i>Affirmation</i></li> </ul>	<p>I am aware of my own self-image and how my body image fits into that</p>	<p>I know how to develop my own self esteem</p>	<p><b>Airbrushed images (teacher sourced),</b></p> <p><b>Self-image cards</b></p> <p><b>Frame card template,</b></p>
<p><b>Can express how they feel when change happens</b></p>	<p><b>2. Puberty for Girls</b></p> <ul style="list-style-type: none"> <li>• <i>Puberty</i></li> <li>• <i>Menstruation</i></li> <li>• <i>Periods</i></li> <li>• <i>Menstrual towels</i></li> <li>• <i>Menstrual pads</i></li> <li>• <i>Tampons</i></li> <li>• <i>Ovary/ Ovaries</i></li> <li>• <i>Vagina</i></li> <li>• <i>Oestrogen</i></li> <li>• <i>Vulva</i></li> </ul>	<p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p>	<p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me</p>	<p><b>The Female Reproductive System - Menstruation Card</b></p> <p><b>A range of sanitary products,</b></p> <p><b>A set of Menstruation Worries cards</b></p>

	<ul style="list-style-type: none"> <li>• <i>Womb/Uterus</i></li> </ul>			
<p><b>Understand and respect the changes that they see in themselves</b></p>	<p><b>3. Puberty for boys</b></p> <ul style="list-style-type: none"> <li>• <i>Puberty</i></li> <li>• <i>Sperm</i></li> <li>• <i>Semen</i></li> <li>• <i>Testicles/Testes</i></li> <li>• <i>Erection</i></li> <li>• <i>Ejaculation</i></li> <li>• <i>Wet dream</i></li> <li>• <i>Larynx</i></li> <li>• <i>Facial hair</i></li> <li>• <i>Growth spurt</i></li> <li>• <i>Hormones</i></li> </ul>	<p>I can describe how boys' and girls' bodies change during puberty</p>	<p><i>I can express how I feel about the changes that will happen to me during puberty</i></p>	<p><b>Puberty: Points of View statements, Agree and Disagree labels,</b></p> <p><b>Picture: The Male Reproductive System,</b></p> <p><b>Boys 'n' Puberty Quiz</b></p>
<p><b>Understand and respect the changes that they see in other people</b></p>	<p><b>4. Conception</b></p> <ul style="list-style-type: none"> <li>• <i>Relationships</i></li> <li>• <i>Conception</i></li> <li>• <i>Making love</i></li> <li>• <i>Sexual intercourse</i></li> <li>• <i>Fallopian tube</i></li> <li>• <i>Fertilisation</i></li> <li>• <i>Pregnancy</i></li> <li>• <i>Embryo</i></li> <li>• <i>Umbilical cord</i></li> <li>• <i>Contraception</i></li> </ul>	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>	<p><i>I appreciate how amazing it is that human bodies can reproduce in these ways</i></p>	<p><b>Relationships Cards,</b></p> <p><b>Having A Baby Diamond 9 cards,</b></p> <p><b>The Truth About Conception and Pregnancy card sort</b></p> <p><b>Slides – conception and pregnancy</b></p>

	<ul style="list-style-type: none"> <li>• <i>Fertility treatment (IVF)</i></li> </ul>			
<p><b>Know who to ask for help if they are worried about change</b></p>	<p><b>5. Looking Ahead 1</b></p> <p><b>Puzzle Outcome: Change Cards</b></p> <ul style="list-style-type: none"> <li>• <i>Teenager</i></li> <li>• <i>Milestone</i></li> <li>• <i>Perceptions</i></li> <li>• <i>Puberty</i></li> <li>• <i>Responsibilities</i></li> <li>• <i>Consent</i></li> </ul>	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p>	<p><i>I am confident that I can cope with the changes that growing up will bring</i></p>	<p><b>Selection of pages from teen magazines, Flip chart paper, Paper or card for card designs,</b></p>
<p><b>Are looking forward to change</b></p>	<p><b>6. Looking Ahead 2</b></p> <ul style="list-style-type: none"> <li>• <i>Change</i></li> <li>• <i>Hope</i></li> <li>• <i>Manage</i></li> <li>• <i>Cope</i></li> <li>• <i>Opportunities</i></li> <li>• <i>Emotions</i></li> <li>• <i>Fear</i></li> <li>• <i>Excitement</i></li> <li>• <i>Anxious</i></li> </ul>	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p><i>I can start to think about changes I will make next year and know how to go about this.</i></p>	<p><b>Spinning top template, Circle of Change template,.</b></p>