

To recognise the need to ask for support if needed.
 To know that puberty can be a positive and exciting time.
 To know that body changes are a preparation for sexual maturity and understand the process of reproduction
 To know how changes at puberty effect body hygiene.

Parents may withdraw from lessons highlighted in yellow.

Term	Objectives	Plan	Resources
Summer	Valuing ourselves To know the importance of valuing themselves	Children consider why honesty, loyalty, understanding and respect are important in relationships. Children recognise their own worth and identify positive things about themselves and others. Children develop their knowledge, understanding and confidence about puberty	Respect Yourself year 6 1.2 / 1.3
Summer	Changes To know that as we grow older we change physically and emotionally.	Children learn about the changing nature of and pressure on relationships with friends and family. Children appreciate that similarities and differences between people are a result of many factors.	Respect Yourself 2.3 SENSE interactive clip - puberty
Summer	Puberty To understand the physical and emotional changes that occur during puberty	Children will discuss and ask questions about changing bodily needs. They will learn that puberty can be a positive and exciting time. They will consider the impact of puberty on bodily hygiene.	Respect Yourself 3.1 / 3.2 / 3.4
Summer	Knowing Our Bodies To understand that the changes that happen during puberty are a preparation for sexual maturity	Children will discuss and ask questions about how bodies change and develop during puberty. They will know that body changes are a preparation for sexual maturity. They will know the correct names for body parts and their functions.	Mummy Laid An Egg - Babette Cole Respect Yourself 1.8/ 4.3/4.1/4.2/4.5
Summer	Unit Review	Children will recognise the need to ask for support if needed. They will know that puberty can be a positive and exciting time. They will recap on the previous learning within the unit	Respect Yourself 5.1/1.0