

**Subject: PSHE****Year group: 6 Term: Summer****Title: Health and Well-Being****What should I already know?**

- How sleep contributes to a healthy lifestyle
- The benefits of the sun and being outdoor on mental and physical wellbeing
- How the spread of virus' can be prevented with basic hygiene
- That for some people their gender identity doesn't correspond to their biological sex
 - To identify risky, unsafe or emergency situations
- That female genital mutilation (FGM) is against the law and whom to tell if they think someone is at risk of FGM

Facts I will learn

- That anybody can be affected by mental health and the things that can affect mental health
- About the changes that may occur in life
- About the process of grief and grieving
- About time spent online and fostering positive habits
- About some of the changes that occur as you grow up
- About the transition to high school and how this can affect feelings and friendships
- To identify the links between love, committed relationships and conception
- what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults
- how pregnancy occurs i.e. when a sperm meets an egg and the

Key questions

- How can I look after my own mental health?
 - What changes might occur in my life?
 - What is grief and what does the process of grieving look like?
- How can we foster good habits around time spent online?
 - What will high school be like?
- What is a committed relationship and how might this link to love and conception?
- What is sexual intercourse and how can it be part of an intimate relationship between consenting adults?
 - How does pregnancy occur?
 - How can pregnancy be prevented?
- How does life change when people have a baby?
- What images are appropriate for me to share online and what to do if I share or see something online which might not be appropriate?

	fertilised egg settles into the lining of the womb - that pregnancy can be prevented with contraception - The responsibility of a baby and how having a baby changes someone’s life - About the sharing of images online																
Key Skills..... During this term, the children will develop their personal and emotional skills. They will learn about the physical and mental changes they will experience as they mature into adulthood. Children will learn about how babies are made and the responsibly that comes with a baby.	Experiences that school will provide: Growing up with Yasmine and Tom 1Decision Transition activities with Unity and other secondary schools (please note this may not include all the high schools)	Key vocab	Definition <table><tr><td>Romantic</td><td>Causing or showing thoughts of love</td></tr><tr><td>Committed</td><td>Dedicated or devoted to a person</td></tr><tr><td>Consent</td><td>To give permission</td></tr><tr><td>Conception</td><td>The fertilising of an egg by a sperm, starting a pregnancy</td></tr><tr><td>Puberty</td><td>When a person’s reproductive system matures</td></tr><tr><td>Grief</td><td>Great sadness caused by the loss or death of a person or animal</td></tr><tr><td>Transition</td><td>The process of changing from one stage to another</td></tr></table>	Romantic	Causing or showing thoughts of love	Committed	Dedicated or devoted to a person	Consent	To give permission	Conception	The fertilising of an egg by a sperm, starting a pregnancy	Puberty	When a person’s reproductive system matures	Grief	Great sadness caused by the loss or death of a person or animal	Transition	The process of changing from one stage to another
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Web links https://www.bbc.co.uk/bitesize/tags/zh4wy9g/startingsecondary-school/1 https://www.bbc.co.uk/teach/transitioning-to-secondaryschool/zkc9pg8 https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7 Note to parents: this video is a great tool to use to help with discussions about growing up and puberty, please watch the clip yourselves before viewing with your child. We ask this due to the video being made with children aged 9-12 years and ask you to make yourself aware of the content first.	Experiences that could be provided at home... Talking to your child about secondary school and any worries that they may have Talk to your child about how their body is going to change during puberty and how they may feel																