



Lesson	Objective	British/school values	Vocabulary	Core Knowledge
1	To know my self-image and how my body image fits into that	Within this puzzle: IL, MR, T	Self-image Body-image Self-esteem Perception Affirmation	<ul style="list-style-type: none"> - Self Esteem is how we think about ourselves, our strengths and weaknesses. - Our body image is affected by celebrities and perceptions of others - We can seek affirmation in the wrong sources like the internet, but our friends and family often know our best qualities
2	To know the changes girls, go through in puberty		Puberty Menstruation Sanitary Pads Oestrogen	<ul style="list-style-type: none"> - Menstruation means a monthly event - This is a time in the month for women - Blood comes out of the woman's vagina because an egg has passed through the fallopian tube - Blood is made to give a baby nutrient (two tablespoons worth)
3	To know the changes boys, go through in puberty		Semen Testicles Erection Ejaculation Wet Dream Facial Hair	<ul style="list-style-type: none"> - Boys bodies change in different ways when they get older. - Blood can rush to the penis and then it becomes hard and stands out from the body. - Semen is a white fluid that comes out of the penis - Boys can also have 'wet dreams' where semen is released from the penis in their sleep. - Boys can also develop facial hair during puberty
5	To know what I am looking forward to about becoming a teenager		Teenager Milestones Perceptions Responsibilities	<ul style="list-style-type: none"> - Being a teenager gives you more freedom and responsibility - This can be exciting and daunting - Teenagers are not adults and should always listen to advice from others when having new freedoms and responsibilities
6	To know what I am looking forward to in my new class		Hope Opportunities Manage Cope	<ul style="list-style-type: none"> - Moving to year 6 comes with a lot of opportunities. - There are a lot of leadership roles available in school - It is important to work your hardest and leave school knowing that you did your best