



Lesson	Objective	British/school values	Vocabulary	Core Knowledge
1	To know how to be aware of my own self image	Within this puzzle: IL, MR, T	Self-image Self-esteem Real self Celebrity	<ul style="list-style-type: none"> - People feel under pressure to have their bodies look a certain way. - There is not one right way for a body to look - The media can create an 'ideal' image which is not realistic.
2	To know how girls and boys bodies change during puberty		Opportunity Freedoms Responsibilities	<ul style="list-style-type: none"> - Growing up gives us lots of opportunities, which can be exciting - Freedoms and responsibilities also come with being old - We should look after ourselves physically by washing, exercising and eating well. - We should look after ourselves emotionally by talking about how we are feeling and keeping a positive mindset
3	To know that physical attraction may change the nature of relationships		Attraction Relationships Pressure	<ul style="list-style-type: none"> - Children may choose to be in relationships - There is not a right way for a relationship to be and nobody should be pressured into doing something they do not feel comfortable with - If a relationship does not make you feel safe and happy then you should leave. Speaking to adults can help
4	To know how to keep my own identity		Identity Independence Values Adolescence	<ul style="list-style-type: none"> - When starting a new relationship, it is important to keep your own identity. - You and your friends do not have to all like and do the same things. Difference is good. - It is important to respect people's interests and show an interest as it helps us to learn and understand more about the world
5	To know the importance of positive self esteem		Self esteem Negative body talk Choice Challenge	<ul style="list-style-type: none"> - We should never comment on or talk about people's bodies in a negative way. - We should challenge or ignore negative comments and remember how it benefits the whole community to think before you speak
6	To know what I am looking forward to		Transition Secondary	<ul style="list-style-type: none"> - Transition to High School can be a worrying time



and what worries me (In the transition to high school)			- There are lots of people at High School. Adults and children to support you. - it is important to remember to opportunities high school has to offer.
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Revisit:

Y1

Do we all grow at the same rate
How does frogspawn change and grow to a frog
What would you want to be when you grow up
How do we change when we grow up
How have you changed since you were a baby
What are the right names for the body parts that make boys and girls different
Which body parts are kept private
How to manage sad feelings
What changes have already happened to you
What changes might be coming soon

Y2

Do draw a life cycle showing change – egg, baby, seed, infant
How do our faces/bodies change as we get older
What else might change for older people
How will your life change as you grow older
How many names of different body parts do you know
What clothes cover our private parts
What sort of touches do you like
How do they make you feel
What are you looking forward to next year
How do you feel about changing class



What do you like about getting older

Y3

How might it feel to have a new baby brother or sister

How do babies grow inside a mother

What changes have happened in your life

How are the changes that happened to boys and girls different

When have you seen new born life either animal or baby

How are our bodies going to change on the inside

What are these changes for

Only teach up to open my mind – Do not teach about Conception In Tell me section. Tell children about boy changes but not about sperm and eggs

What does stereotypical mean

Can you challenge these views

Why do children's bodies change into adulthood

Y4

Each tiny cell that make up our body contains 25,000- 35,000 genes. Our bodies have many trillions of cells. Genes carry the information that give us our characteristics (traits).

Who has been important in caring for you in your life? How have they influenced you?

Is there anything about you that you know you have or do because of them (e.g. talents, mannerisms, sayings etc.)?

DO Not teach about how babies are made

How do you feel when you think about puberty and growing up?

What is menstruation and how are these items connected with it?

Why do these changes happen?

Do human beings have control over these changes in nature?

How easy is it for you to accept changes to our planet that we appear to have little control over?

What have you learned about in our Jigsaw lessons this term?

Which changes can you control?

Which ones have you no control over?

How do you feel about this change?

How are you going to manage this change?



Y5

Is it fair to judge ourselves against images we see in the media or online?

Is it fair to judge ourselves against our friends?

What could be the consequences of your perceptions regarding self-image, from images like this?

What makes you feel embarrassed?

How do you respond to embarrassment? How can you cope with embarrassment?

Why might changes to your body at puberty make you feel embarrassed?

Can you remember the facts about menstruation?

How many of the changes that happen at puberty can you think of?

What do you think about some sensitive issues relating to puberty?

Can you identify the correct words to describe changes that happen to boys during puberty?

What are the different kinds of relationships we have with the people around us?

What are the important things a couple should consider before deciding to have a baby?

DO NOT teach conception

How are the magazines presented?

What messages might be being given about teenagers?

What responsibilities might you begin to have as you become older?

What are you looking forward to in the next school year?

How do you feel about getting older? How do you feel about puberty?

What sort of feelings might you experience at puberty/times of change? How can you manage these?