



Year 6 - Summer - PSHE Knowledge Organiser

What I already know...

- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.
- Know that sexual intercourse can lead to conception.
- Know that becoming a teenager involves various changes and also brings growing responsibility.

What I will learn...

- How girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- How a baby develops from conception through the nine months of pregnancy and how it is born.
- How being physically attracted to someone changes the nature of the relationship.
- The importance of self-esteem and what they can do to develop it.
- What they are looking forward to and what they are worried about when thinking about transition to their new secondary school.

**NEW
SCHOOL**

Key Vocabulary

independence	Becoming less dependent on others. Being strong and being able to survive alone.
transition	The moves children and young people make from one phase of their life to another. E.g. the move from primary school to secondary school.
self-esteem	How we value and perceive ourselves.
relationships	A connection between two people. There are different types of relationship such as friendships and romantic relationships.
reproduction	The process by which living things produce offspring.
fertilisation	The joining of an egg and a sperm which is the first stage of pregnancy.
pregnancy	Carrying one or more unborn offspring in the body.



Making a difference at The Merton

As Year 6 begin to prepare for their move to secondary school, we will consider what that transition will look like and how their roles and responsibilities may change over time. At a potentially unsettling time in their development, children will learn about the physical changes that they may be experiencing or are about to experience. They discuss relationships and the importance of mutual respect and not pressuring/being pressured into doing something that they don't want to. The children also learn about self-esteem, why it is important and ways to develop it.

PSHE skills

During their 'Changing Me' learning, the children will recognise ways in which they can develop their own self-esteem. The children will learn to celebrate what they like about their own others' self-image. They will learn to express how they feel about the changes that they face and will learn about the importance of mutual respect. As Year 6 prepare to move on to secondary school, they will learn strategies to support them with the upcoming transition.