



# Trinity Primary School – R+HSE Knowledge Curriculum

## Preparing for the demands of society for the future

Term: Autumn 2	Year Group: Year 6	Topic: Changing Me
----------------	--------------------	--------------------

Key Vocabulary		Key Questions
Mental health	Includes our emotional, psychological, and social well-being	<p>Can we talk about the changes that will happen to your body over the next few years?</p> <p>How do you feel about these changes?</p> <p>What does mutual respect mean? Why is that important in a relationship?</p> <p>In this Puzzle the class learn about puberty in boys and girls and the changes that will happen – they reflect on how they feel about these changes. The children also learn about childbirth and the stages of development of a baby, starting at conception. 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. Finally, they look at the transition to secondary school (or next class) and what they are looking forward to / are worried about and how they can prepare themselves mentally.</p>
Negative body-talk	Voicing concerns or talking negatively about our appearance in relation to weight, body parts or comparing our bodies to others.	
Conception	The action of conceiving a child or of one being conceived.	
Pregnancy	The period in which a foetus develops inside a woman's womb or uterus	
Menstruation	Normal vaginal bleeding that occurs as part of a woman's monthly cycle	
Self-esteem	How you feel about yourself.	

Links to <b>HEART</b> and British Values	Wider World Events
--	--------------------

<b>HEART</b> Health, Respect	<b>British Values</b> Rule of law, individual liberty, respect and tolerance	Anti-Bullying week PCSO Thompson – Hate Crime, STAR Reindeer Run Children In Need Cut your Carbon – Eco Event
---------------------------------	---	---

<i>Assessment</i>		
<i>Working towards</i>	<i>Working at</i>	<i>Working beyond</i>
I can tell you some ways that I have changed since being a baby and I know the main body parts that make boys and girls different. I know some of the correct names for these and that they are private. I can tell you some things that will change for me and how I feel about this.	I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. I can explain why some changes I might experience might feel better than others.	I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can also explain when it might be appropriate to talk about these, and when I should not. I can suggest things that might change for me in the future and what sort of feelings I might experience if/when these changes happen. I can offer some ideas about how I could manage feelings that are worrying or sad.