

St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: 6

Term: Summer 1



Unit: Healthy Lifestyles



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p>physical health – a state of well-being where your body can function as it should do</p> <p>mental health - a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community</p> <p>nutrient - something in food that helps people, animals, and plants live and grow.</p> <p>healthy – being well in both your mind and body</p> <p>balanced diet - a diet consisting of a variety of different types of food and providing adequate</p>	<p>About a range of factors which contribute to their physical and mental health.</p> <p>That variety is needed for a healthy diet because different foods contain different substances, including nutrients, which our body needs, and to know that the Eatwell guide represents this balanced diet.</p> <p>About the benefits of a range of nutrients for keeping the body healthy.</p> <p>How to plan, prepare and cook simple healthy meals.</p> <p>That different types and amounts of food provide different amounts of energy, and to know how to</p>	<p>What their physical and mental health is</p> <p>A healthy diet is balanced and contains a variety of different foods</p> <p>Why the body needs a variety of nutrients</p> <p>What a healthy meal is</p>	<p>Health Education:</p> <p>MW Mental Wellbeing</p> <p>PHF Physical Health & Fitness</p> <p>HE Healthy Eating</p> <p>HP Health & Prevention</p> <p>IS Internet Safety & Harms</p> <p>Understand that there are a range of factors which contribute to a healthy lifestyle, including a healthy balanced food intake and physical activity.</p> <p>State that different foods contain different nutrients, that these each</p>

<p>amounts of the nutrients necessary for good health.</p> <p>energy - is needed by the body to stay alive, grow, keep warm and move around. Energy is provided by food and drink.</p> <p>age restriction – the age over which someone can play a game, watch a film or use an app</p> <p>lifestyle - the general way of life of a person or group</p>	<p>achieve an energy balance which will help us stay healthy and be active.</p> <p>About the benefits of physical activity for promoting health, and the risks of not engaging in it.</p> <p>About the benefits and risks to their physical and mental health of time spent online.</p> <p>Why apps and games are age restricted and to know how to make healthier choices.</p> <p>The signs of physical illness and to explain how they might respond.</p> <p>That there are a range of influences on the choices they make about diet and exercise, including the media, peers and adults.</p> <p>The contribution behaviour and routines make to a healthy lifestyle, and to reflect on and take responsibility for their own lifestyle choices.</p>	<p>Achieving an energy balance using food will help us to stay healthy and be active</p> <p>How physical activity benefits us</p> <p>What could happen if they spend too much time online</p> <p>The reasons for age restrictions on apps and games</p> <p>The signs of physical illness and to explain how they might respond.</p> <p>What can influence them when they are making choices about diet and exercise</p> <p>What makes a healthy lifestyle</p>	<p>have different benefits for our bodies and that therefore variety in the diet is important.</p> <p>Explain that different kinds and amounts of food provide different amounts of energy and be able to plan an appropriate energy balance for themselves, including explaining the possible consequences of an imbalance.</p> <p>Understand the benefits of physical activity for promoting health and the risks of not participating.</p> <p>Understand that behaviour, routines and a variety of influences affect their lifestyle choices, including online.</p> <p>Explain why some online apps and games are age restricted, and how online behaviour can affect physical & mental health.</p> <p>Explain that a healthy lifestyle includes physical, social and mental health and how they can take responsibility for their own health.</p>
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St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: 6

Term: Summer 2



Unit: Relationship and Sex Education



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p>conceive - to become pregnant with.</p> <p>puberty – the stage or age at which a person experiences the maturation of the reproductive system</p> <p>sanitary products - eg. sanitary towel, tampon, period pants. Products used during people's periods.</p> <p>body odour – the smell of a person's unwashed body</p> <p>deodorant – a product which removes or conceals unpleasant smells, including body odour.</p>	<p>About different ways babies are conceived and born, including sexual reproduction and sexual intercourse.</p> <p>How to recognise their changing emotions with friends and family and be able to express their feelings and concerns positively.</p> <p>That they have some responsibility for the feelings and wellbeing of others.</p> <p>There should be stable, caring relationships in a family to ensure children are cared for securely.</p> <p>The reasons people enter marriage, civil partnerships e.g. love, trust, commitment.</p>	<p>The different ways that babies are conceived and born.</p> <p>What sexual intercourse is and how it can make babies</p> <p>That their emotions will change during the course of puberty. How to express their emotions positively.</p> <p>That their actions can impact the feelings and well-being of others.</p> <p>How people in a family should care for each other to keep everyone safe and secure</p>	<p>Relationships Education:</p> <p>FP Families & People who care for me</p> <p>Health Education:</p> <p>MW Mental Wellbeing</p> <p>CAB Changing Adolescent Body</p> <p>Describe the main stages of sexual reproduction, using some scientific vocabulary</p> <p>Describe some emotions associated with the onset of puberty and have strategies to deal with these positively</p>

<p>relationship - a connection between people.</p> <p>marriage - the state of two people being joined by law, having pledged to be faithful to one another all their lives as a couple</p> <p>civil partnership - a legal relationship which can be registered by two people who aren't related to each other.</p> <p>Female: breasts - In females, the breasts are primarily for feeding babies. The fatty deposits protect the glands that produce breast milk. The nipple is the end point of the breast and all the milk producing tubes end up at the nipple.</p> <p>cervix - This is the structure which forms the neck of the womb. It is a muscular ring which opens and closes especially during birth. During pregnancy it holds very tightly shut to keep the baby safe in the uterus.</p> <p>clitoris - The clitoris is a small pea shaped bump and joining point of the inner labia.</p> <p>fallopian tube - There are two fallopian tubes. Each one connects an ovary to the womb. This is the</p>	<p>And respect a wide range of family arrangements e.g. second marriages, fostering, same sex partners and extended families.</p>	<p>Why people enter marriages and civil partnerships. That not everyone chooses to get married.</p> <p>Different family structures.</p>	<p>Understand that puberty affects people in different ways, both physically and emotionally</p> <p>Understand that the way they behave affects others and that they have some responsibility to others to make sure they are not hurt</p> <p>Describe some characteristics of loving, trusting relationships</p> <p>Understand a few reasons a couple might choose to have children</p> <p>Show awareness of some family arrangements which are different from their own.</p>
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<p>tube down which the egg travels from the ovary.</p> <p>labia - The labia are folds of skin which protect the opening to the vagina. They enlarge during puberty. There are both inner and outer labia.</p> <p>ovary - There are two ovaries in each female reproductive system. They release eggs into the fallopian tubes, which in turn guide the eggs into the womb.</p> <p>ovulation - the process of releasing an egg from the ovary.</p> <p>ovum - (ova-plural, ovum-singular). Female egg cell</p> <p>perineum - This is the skin between the opening of the vagina and the anus.</p> <p>uterus - the organ of the female body where the fertilised egg begins to grow. It is the place where the foetus grows and develops throughout a pregnancy.</p> <p>vagina - The vagina is also called the birth canal. Technically it is an internal structure. However the term is commonly used to refer to the external sex organs of females.</p> <p>womb - See Uterus</p> <p>Male:</p>			
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ejaculation - This is the contraction of muscles in the penis which pushes semen from the testes and out of the penis.

penis - The penis performs two functions in males. It passes urine through the urethra from the bladder. The penis is the main male sexual organ.

scrotum - This is the pouch of skin which holds the testicles. During puberty the scrotum enlarges so that the testes hang away from the body where it is the right temperature for sperm production. When the testes are exposed to cold the scrotum contracts and moves the testes closer to the body.

semen - The whitish fluid that carries sperm and is ejaculated from the body during an orgasm.

seminal vesicle - This is the small sack which contains a liquid which is added to sperm to make semen.

sperm - This is the male reproductive cell which is capable of fertilising an egg. It is carried in semen into the female uterus.

sperm duct - (spermatic cord) - These long tubes connect each testicle to the seminal vesicle, so the sperm can pass along.

<p>testicle / testis (testis-singular, testes-plural) - The male reproductive organ where sperm is produced.</p> <p>urethra - This tube, found in both males and females carries urine from the bladder out of the body.</p>			
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