

## PSHE Knowledge Organiser

### UKS2 Year 6 Term: 6 - Changing Me

#### National Curriculum Objectives

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



**Key vocabulary** An egg and sperm joins together to make a baby

Word	Meaning
Body image	The thoughts and feelings that a person has of their physical self
Self-esteem	Confidence in one's own worth or abilities; self-respect.
Puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
Conception	The action of conceiving a child.

#### Sticky Knowledge:

#### Key Questions:

- How does a baby develop from conception to birth?
- What are you looking forward to about going to Secondary School?
- What does going out as boyfriend and girlfriend mean?

#### Learn how to:

- Explain how girls' and boys' bodies change during puberty.
- Understand the importance of looking after your sexual health physically and emotionally.
- Understand how being physically attracted to someone changes the nature of the relationship