

Health and Wellbeing - Growing and changing

Human reproduction and birth; increasing independence; managing transitions

PoS Refs: H24, H33, H35, H36

Sequence:
(Establish Ground Rules/What is PSHE?)

1. The Human Timeline
2. Changing Bodies
3. Changing Emotions
4. Relationships
5. Sex*
6. Human Reproduction

*see Govt guidelines re parents' rights to withdraw from this element - rest is Statutory PSHE or Science

- to recognise some of the changes as they grow up e.g. increasing independence
- about what being more independent might be like, including how it may feel
- about the transition to secondary school and how this may affect their feelings
- about how relationships may change as they grow up or move to secondary school
- practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school
- identify the links between love, committed relationships and conception
- what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults
- how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb
- that pregnancy can be prevented with contraception
- about the responsibilities of being a parent or carer and how having a baby changes someone's life

Pre-assess - GROWING AND CHANGING
Post-assess -

Links and resources

- Link to [class contract](#) - How can we get along with each other?
- Link to [values](#) (respect/unity) and [dispositions](#) (reflective/collaborative).

PSHE Association Resources

- ['Changing and growing up' Relationships Education lesson pack](#)
- [City to Sea: Rethink Periods](#)
- [Every Mind Matters](#)
- [NSPCC: Talk Relationships](#)

Twinkl resources

- P 1. Human Timeline ppt.pptx**
- P 1. Looking Forward, Moving Up ppt.pptx**
- 1. Activity Sheet Stages of Human Growth an...**
- P 2. Changing Bodies ppt**
- 2. Changing Bodies Activity Sheet**
- 2. Looking After Your Changing Body Booklet .**
- 2. Looking After Your Changing Body Prompt ..**
- P 3. Changing Emotions ppt.pptx**
- 3. Emotional Changes in Puberty Problem Pa...**
- 3. Problem Page Advice Activity Sheet with S...**
- 3. Support During Puberty Fact Sheet.pdf**
- P 3. Wellbeing Just the Way You Are ppt**
- 3. Wellbeing Just the Way You Are Activity Sh..**

			<ul style="list-style-type: none"> P 4. Relationships ppt.pptx 4. Loving Relationships Activity Sheet.pdf 4. Elements of a Loving Relationship Poster.pdf P 4. Relationships Marriage and Civil Partnershi.. 4. Relationships, Marriage and Civil Partnersh.. P 5. Lets Talk About Sex ppt 5. Lets Talk About Sex Activity Sheet.pdf P 6. Human Reproduction ppt 6. Human Reproduction images and key term... 6. Human Reproduction Illustrated Glossary.pd <u>WHOLE UNIT</u> 4 Growing Up Challenge Cards.pdf 4 Growing Up Fact Cards.pdf 4 Growing Up Photo Pack.pdf
Books and Stories to Support this Learning			