



Year 6 Puzzle: Changing Me

Puzzle Piece	British Values	RSE Links	Objectives
1. My Self Image	Mutual Respect Individual Liberty	Respectful Relationships Being Safe Mental Wellbeing	<b>Understand that everyone is unique and special: My Self Image.</b> <ul style="list-style-type: none"> <li>I am aware of my own self-image and how my body image fits into that.</li> <li>I know how to develop my own self esteem.</li> </ul>
Puberty	Mutual Respect Tolerance	Being Safe Mental Wellbeing Changing Adolescent Bodies	<b>Can express how they feel when change happens: Puberty.</b> <ul style="list-style-type: none"> <li>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</li> <li>I can express how I feel about the changes that will happen to me during puberty.</li> </ul>
3. Puberty for Girls This is a lesson from the year 5 puzzle.	Mutual Respect	Changing adolescent bodies	<b>Can express how they feel when change happens: Puberty for Girls.</b> <ul style="list-style-type: none"> <li>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</li> <li>I understand that puberty is a natural process that happens to everybody and that it will be ok for me.</li> </ul>
4. Conception This is a lesson from the year 5 puzzle	Mutual Respect Tolerance	Changing adolescent bodies	<b>Understand and respect the changes that they see in other people: Conception.</b> <ul style="list-style-type: none"> <li>I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby.</li> <li>I appreciate how amazing it is that human bodies can reproduce in these ways.</li> </ul>
5. Conception to Birth	Individual Liberty Mutual Respect	Families and people who care about me Being Safe Mental Wellbeing Changing Adolescent Bodies	<b>Understand and respect the changes that they see in themselves: Babies - Conception to Birth.</b> <ul style="list-style-type: none"> <li>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</li> <li>I can recognise how I feel when I reflect on the development and birth of a baby.</li> </ul>
6. Boyfriends and Girlfriends	Mutual Respect Tolerance	Families and people who care about me Caring Friendships Respectful Relationships Mental Wellbeing	<b>Understand and respect the changes that they see in other people: Boyfriends and Girlfriends.</b> <ul style="list-style-type: none"> <li>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend.</li> <li>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.</li> </ul>
7. Real self and ideal self	Individual Liberty Mutual Respect Tolerance	Respectful Relationships Being Safe Mental Wellbeing	<b>Know who to ask for help if they are worried about change: Real self and ideal self - I am aware of the importance of a positive self-esteem and what I can do to develop it.</b> <ul style="list-style-type: none"> <li>I can express how I feel about my self-image and know how to challenge negative 'body-talk'</li> </ul>
8. The Year Ahead	Mutual Respect Tolerance	Mental Wellbeing	<b>Are looking forward to change: The Year Ahead.</b> <ul style="list-style-type: none"> <li>I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</li> <li>I know how to prepare myself emotionally for the changes next year.</li> </ul>