

# *Ashtree Primary School and Nursery Medium Term Plan for PSHE*

## **Year 6 Summer Term – RSE**

### **Prior skills:**

1. To explore the emotional and physical changes occurring in puberty
2. Explain the main physical and emotional changes that happen during puberty
3. Ask questions about puberty with confidence
4. Describe what happens during menstruation and sperm production

### **Prior knowledge:**

1. To understand male and female puberty changes in more detail
2. Understand how puberty affects the reproductive organs
3. To explore the impact of puberty on the body and the importance of physical hygiene
4. To know and explain how to keep clean during puberty
5. To know and explain how emotions/relationships change during puberty
6. Know how to get help and support during puberty

### **Key Knowledge:**

1. To consider puberty and reproduction
2. Know that communication and permission seeking are important
3. Know some basic facts about conception and pregnancy
4. Know positive and negative ways of communicating in a relationship
5. Know when it is appropriate to share personal/private information in a relationship
6. Know how and where to get support if an online relationship goes wrong

### **Key Skills:**

1. Describe how and why the body changes during puberty in preparation for reproduction
2. Talk about puberty and reproduction with confidence
3. Explore the importance of communication and respect in relationships
4. Explain differences between healthy and unhealthy relationships
5. Consider different ways people might start a family
6. Describe the decisions that have to be made before having children

### **Vocabulary:**

Penis, scrotum, uterus, testicles, vagina, clitoris, vulva, consent, pregnancy, sexual intercourse,

### **Future Knowledge in KS3:**

- Strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing
- The importance and different forms of contraception; how and where to access contraception and advice
- That certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections
- The communication and negotiation skills necessary for contraceptive use in healthy relationships
- The risks related to unprotected sexual intercourse
- The consequences of unintended pregnancy, sources of support and the options available