



# Quality of Education



<b>Class</b>	Oak
<b>Subject</b>	PSHE
<b>Topic</b>	Growing Up
<b>Term</b>	Summer 1st half

## Sequence of lessons – Objectives to be met

<b>Lesson 1</b>  <b>Changing Bodies</b>	Children will: <ul style="list-style-type: none"><li>• Use scientific vocabulary when talking about the human body.</li><li>• Discuss changes my body will go through and I know what to expect.</li><li>• Explain how to look after my changing body.</li><li>• Explain how to protect my body and stay safe.</li></ul>
<b>Lesson 2</b>  <b>Changing Emotions</b>	Children will: <ul style="list-style-type: none"><li>• Use scientific vocabulary when talking about puberty and changes.</li><li>• Discuss the emotional changes I might experience and I know what to expect.</li><li>• Know where to get help and advice if I need it.</li></ul>
<b>Lesson 3</b>  <b>Just the way you are</b>	Children will: <ul style="list-style-type: none"><li>• Understand the term 'body image'.</li><li>• Name some things that affect the way we see ourselves.</li><li>• Appreciate that people have different bodies and can look very different from</li><li>• Understand that images we see on social media can be misleading.</li></ul>
<b>Lesson 4</b>  <b>Relationships</b>	Children will: <ul style="list-style-type: none"><li>• Understand the terms associated with love, relationships and sexual orientation.</li><li>• Appreciate that people differ in terms of sexual orientation and who they love.</li><li>• Describe what makes a loving relationship.</li></ul>
<b>Lesson 5</b>  <b>Let's talk about sex</b>	Children will: <ul style="list-style-type: none"><li>• Describe the terms 'sexual relationship' and 'sexual intercourse'.</li><li>• Explain who can have a sexual relationship, according to the law.</li><li>• Explain what an STI is and I know how these can be prevented.</li><li>• Judge when physical contact is unacceptable and I know how to respond.</li></ul>

**Lesson 6****Human  
Reproduction**

Children will:

- Use the appropriate scientific vocabulary when talking about human reproduction.
- Explain what contraception is.
- Describe how a baby grows inside the womb.
- Explain how a baby is born.