**Year 6 RSE Midterm plan – Summer term**

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| **Sessions** | **Content** | **Units** | **Key vocabulary** |
| **Session 1****Spots & Sleep** | This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.**Learning ObjectivesChildren will learn:**How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment. | **Pathway 2, Unit 2** | embarrassed self-conscious spots sleep exercise personal hygiene screen time gaming addictive protein shake balanced diet choice impact health sun exposure dental hygiene |
| **Session 2****Menstruation**  | In the final episode of ‘Paradise Street’, we see Siobhan get her first period and feeling uncertain about what to do. She is sad that her Mum, who died a number of years ago, isn’t there to show her the ropes, but she is helped by her teacher and her Dad to become confident going forwards. Through this session, pupils will learn about how girls manage their periods (menstruation), and understand some of their possible side effects (including PMS). They will learn why periods happen, that fertility is necessary to bring a child into the world, and how the menstrual cycle is part of God’s plan for creation.Learning ObjectivesChildren will learn:* About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life
* Some practical ways to manage the onset of menstruation
 | **Pathway 2, Unit 2** | period menstruation sanitary towel sanitary products period hygiene blood premenstrual syndrome (PMS) cramps moodiness bloating spots the menstrual cycle ovaries egg womb lining tissue implantation sperm vagina fertilisation marriage calling |
| **Session 3****Me, My Body, My Health** | Learning ObjectivesChildren will learn:* That human beings are different to other animals
* About the unique growth and development of humans, and the changes that girls will experience during puberty
* About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately
* The need for modesty and appropriate boundaries

Children will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God. | **Pathway 2, Unit 2** | appropriate inappropriate behaviour actions feelings emotions thoughts manage reframe scared excited happy intense crush infatuation puberty hormones mood swings HALT (Am I Hungry, Angry, Lonely or Tired?) isolation loneliness mental-ill health Childline |
| **Session 4****Girls Bodies** | This second episode of ‘Paradise Street’ starts with a lesson talking about the physical changes that boys and girls experience during puberty; to which the children respond with degrees of embarrassment and confusion. The film then focuses on the girls’ perspective through the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, pupils will learn about the physical changes that take place for girls through puberty.Note that:* Although menstruation is touched upon in this session, it will be explored in more detail in Module 1, Unit 4, Session 3: Menstruation.
* Internal genitals (vagina and uterus) are mentioned here in the context of the changes which take place during puberty.
* Session 3 focuses on Boys’ Bodies.
 | **Pathway 2, Unit 2,**  | body hair growth spurt puberty breasts buds nipples hips widen waist narrows perspiration oily skin genitals vagina uterus menstruation development self-conscious embarrassed changing natural respect boundaries private |
| **Session 5****Boys bodies**  | This third episode of ‘Paradise Street’ starts with a lesson talking about the physical changes that boys and girls experience during puberty; to which the children respond with degrees of embarrassment and confusion. The film then focuses on the boys’ perspective through the characters of Marcus and Finn. Through the film, follow-up discussion, teaching and personal activity, pupils will learn about the physical changes that take place for girls through puberty.Children will learn:* That human beings are different to other animals
* About the unique growth and development of humans, and the changes that girls will experience during puberty
* About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately
* The need for modesty and appropriate boundaries
 | **Pathway 2, Unit 2** | body hair growth spurt puberty shoulders widen perspiration oily skin voice breaking genitals penis erections ejaculation semen urethra nocturnal emissions wet dreams hormones development self-conscious natural respect boundaries private |
| **Session 6****Life Cycles – Session 1 -Making Babies** | In Life Cycles, children will learn about God’s design for creating new life through a more nuanced understanding of menstruation, fertility, conception, foetal development in the womb and childbirth. An optional session talks about sexual intercourse within the context of marriage being God’s plan for the place of sex within a relationship.This session explores how a baby grows in the womb, building on and developing the teaching at Lower Key Stage Two. In this episode of ‘Paradise Street’, Finn learns that his Mum is going to have a baby. He discusses it with his friends, who don’t know much about where babies come from. Finn learns from his Mum about the miraculous process of human life and how it is conceived and developed in the womb. Finn also has his worries alleviated about being ‘replaced’ or not loved so much when the new baby comes along. | **Pathway 2, Unit 2** | body hair growth spurt puberty breasts buds nipples hips widen waist narrows perspiration oily skin genitals vagina uterus menstruation development self-conscious embarrassed changing natural respect boundaries private |
| **Session 7****Life Cycle – session 2 Part 2 – Making Babies (summer 2 TBC)** | Session TBCThis session to be discussed at the Hilltop meeting to gauge parents view on subject.  | **Pathway 2, Unit 2** |  |