

Tuesday 2<sup>nd</sup> May 2023

Dear Year 6 Parents/Carers,

**Re: Personal, Social, Health and Economic Education**

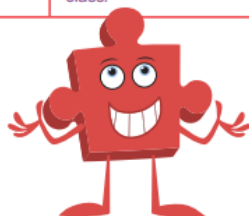
We follow the Jigsaw scheme for personal, social, health and economic education and after May half term the theme is 'changing me'.

Children will learn about how we change as we grow older, the differences between boys and girls and also about relationships. For some of the lessons, boys and girls will be taught in separate groups.

Below is a table showing what the children will be learning during this half term's lessons. Some of the content is more detailed than we have taught in previous years but necessary to meet the requirements of the compulsory relationships education which the government introduced last year.

**Changing Me Puzzle Map - Ages 10-11**

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.My Self Image	R15, R27, H1, H4, H6, H7, H9, H10	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2.Puberty	R30, R32, H9, H34, H35	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
3.Babies: Conception to Birth Assessment Opportunity	R1, R4, R32, H9, H35	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
4.Boyfriends and Girlfriends	R4, R7, R8, R9, R13, R19, H9	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	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
5.Real self and ideal self	R13, R15, R16, R19, R27, H1, H4, H6 H9, H10	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
6.The Year Ahead	H2, H3, H4, H6, H9, H10	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.	I know know how to prepare myself emotionally for the changes next year.



Please speak to your child's class teacher if you would like further information.

Yours sincerely,

Mr Sunner  
Executive Head Teacher

Mr Downs  
Head of School