



Weekly Celebration	Pieces	PSHE Learning Intention	Social and Emotional Learning Intention	Vocabulary
Understand that everyone is unique and special	Self and body image	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	Self image, body image, self esteem, perception, characteristics, aspects, affirmation
Can express how they feel when change happens	Puberty for girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me	Puberty, periods, sanitary towels, ovaries, vagina
Understand and respect the changes that they see in themselves	Puberty for boys	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty	Puberty, testicles, facial hair, growth spurt, hormones
Understand and respect the changes that they see in other people	Families	I understand that there are different types of families	I understand that there are more than one type of family	Relationships, , fallopian tube, pregnancy, embryo, umbilical cord,
Know who to ask for help if they are worried about change	Looking ahead 1	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities	I am confident that I can cope with the changes that growing up will bring	Teenager, milestone, perceptions, puberty, responsibility
Are looking forward to change	Looking ahead 2	I can identify what I am looking forward to when I move to my next class	I can start to think about changes I will make next year and know how to go about this.	Change, hope, manage, cope, opportunities, fear, excitement