



Athersley South Primary School

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Me and My Body - Year 6

Dear Parents/ Carers,

This term we will be learning about how our bodies change and grow and how we can keep ourselves safe and healthy.

The science national curriculum objectives we will cover are:

- To describe the changes as humans develop to old age
- Showing stages in the growth and development of humans
- To learn about the changes experienced in puberty

This learning links in really well with our PSHE work from the national curriculum for health and relationships, where the objectives we will cover are:

- To describe how to manage physical and emotional changes during puberty
- To be able to explain how to stay clean during puberty
- To be able to ask questions about puberty with confidence
- To understand how puberty affects the reproductive organs
- To understand about human reproduction
- To know how to get help and support during puberty
- Discuss different types of adult relationships with confidence
- Know what form of touching is appropriate
- Describe the decisions that have to be made before having a baby
- Know some basic facts about pregnancy and conception
- To have considered when it is appropriate to share personal/private information in a relationship
- To know how and where to get support if an online relationship goes wrong

At Athersley South we are passionate about delivering a curriculum that provides all of our children with the skills, knowledge and confidence they need to live healthy, happy and successful lives now and in the future.

We cover the national curriculum for science and the health and relationships curriculum in personal, social, health, economic education (PSHE). Through this we aim to teach our children to understand their bodies and how they can keep themselves safe, healthy and happy as they are growing and changing.

During these lessons, children may ask questions and all staff in our school will respond to these with sensitivity and kindness and provide the relevant facts at an age-appropriate level. Your children may also ask you questions in their safe home space to clarify their understanding or share any worries they have about their changing bodies.

If you have any questions about the lesson content or concerns over any of the national curriculum objectives, please speak to your child's class teacher or myself as subject leader who will be able to share the resources and explain the content in more detail.

Many thanks,
Miss Milner



Vocabulary Learnt in Me and My Body

Topic

This page breaks down vocabulary into the year it will be introduced. I hope it helps to support you and your child/ren at home if they have questions or worries.

In Year 1 and Year 2

similar
different
boy/girl
male/female
private parts
penis
vagina and vulva
clean

In Year 3

similar/different
male/female
penis and testicles
lifecycle
vagina, vulva and womb
gender roles and stereotypes
family
relationships

In Year 4

puberty
lifecycle
reproduction
breasts
sperm
egg
physical and emotional changes

In each year, the previous learning will be reviewed to ensure children are confident with the earlier language before moving onto new concepts.

In Year 5

puberty
moods
menstruation / periods
tampon
period pads/towels
wet dreams
semen
erection
sweat
breasts
spots
pubic, facial and underarm hair

In Year 6

sperm
egg
womb
conception
fertilisation
sexual intercourse
relationship
friendship
love
consent
personal/private
intimacy
fostering
twins
adoption
assisted fertility
sexual identity (gay, lesbian, bisexual)