



YEAR SIX



The Jigsaw 'Changing Me' materials will be delivered to all classes as a daily focus during the week commencing Monday 1st June 2026. During this week, children will receive the teaching from their current year group and the teaching from their previous year group to ensure that important concepts are not missed and that we are retaining a curriculum that builds upon previous knowledge. All lessons are delivered by the usual classroom team to ensure that the safe and secure learning environment that has been established across the school year can be maintained.

My Self- Image

Children will explore their awareness of their own self-image and how their body image fits into that. They will explore self-esteem and the positive ways in which they can impact upon this.

Key Questions

Does having the latest fashion, hairstyle, and 'look' make us happy in the end?
What 'pressures' do we face to look 'cool' and fashionable?
What animal would you choose that represents positivity?
What would your animal say to you to fight off the worry monster?

Key Vocabulary

Self-image
Self-esteem
Criticise
Real self
Celebrity

Puberty

Children will reflect upon what they already know about the changes for boys and girls during puberty, both physically and emotionally. They will have safe and secure opportunities to discuss how they feel about these changes

Key Questions

What different experiences does growing up bring for different people?
How are new freedoms connected to new responsibilities?
What other questions do you have about how your body, your feelings and your lifestyle are going to change as you grow up?

Key Vocabulary

Opportunities	<i>Vulva*</i>
Freedoms	<i>Womb/Uterus*</i>
Responsibilities	<i>Penis*</i>
Alcoholic drink	<i>Sperm*</i>
Smoke	<i>Semen*</i>
<i>Puberty*</i>	<i>Testicles/Testes*</i>
<i>Menstruation*</i>	<i>Erection*</i>
<i>Periods*</i>	<i>Ejaculation*</i>
<i>Sanitary towels*</i>	<i>Wet dream*</i>
<i>Sanitary pads*</i>	<i>Larynx*</i>
<i>Tampons*</i>	<i>Facial hair*</i>
<i>Ovary/ Ovaries*</i>	<i>Growth spurt*</i>
<i>Vagina*</i>	<i>Hormones*</i>
<i>Oestrogen*</i>	<i>Masturbation*</i>
<i>Ovulation*</i>	<i>Pubic Hair*</i>
<i>Clitoris*</i>	<i>Breasts*</i>
<i>Fallopian Tube*</i>	<i>Hormones*</i>
	<i>Sexual Organs*</i>

** may arise during conversation*

Babies: Conception to Birth

Children will learn about what happens to a baby as it develops from conception, through nine months of pregnancy and how it is born.

Note: This lesson is part of a Sex Education curriculum. It is a non-statutory element of the curriculum. For more information, please refer to the RSHE Policy on the website.

Key Questions

Can you recognise a baby in the photo of a scan, and identify the different parts of its body?
Can you imagine what it was like being in the womb?
Do you know what a baby in the womb can and can't do?

Key Vocabulary

Pregnancy	Umbilical cord
Embryo	Labour
Foetus	Contractions
Placenta	Cervix
	Midwife

What are the stages by which a baby grows and develops through pregnancy? How is a baby born?	Conception Womb Fallopian Tube Vagina	Foetus Sperm Egg Vaginal Opening
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Boyfriends and Girlfriends

Children will begin to explore what it means to be physically attracted to someone and how that may change the nature of the relationship. They will reflect upon what this might mean about having a boyfriend or girlfriend. As part of this learning, children will understand that respect for one another is essential and that personal boundaries are important. Children will learn about keeping themselves safe online in the context of relationships.

Key Questions Why do people want a boyfriend/girlfriend? How is this different from being friends?	Key Vocabulary Attraction Relationship Pressure Love Sexting Consent	Boyfriend Girlfriend Romantic
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Real Self and Ideal Self

In this lesson, children will become more aware of the importance of positive self-esteem and the ways in which they can develop this. They will learn to express their feelings about self-image and learn how to challenge negative 'body-talk'.

Key Questions How do these images make you feel? How can we know what is real and what is not real in images and online videos? Can you tell if these people are happy and healthy? What is the purpose of an advert? Can adverts be misleading?	Key Vocabulary Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health	Ideal body
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Key Vocabulary

Penis, testicles and anus for boys

Vulva, vagina and anus for girls

Breasts and nipples

This vocabulary is in line with the school policy, and will be used exclusively by staff throughout the school. Children will not be corrected if they use other terms, as long as they are appropriate, however staff will use these terms if and when referring to these body parts.

All of our PHSE and RSHE lessons are taught in line with our PSHE and RSE policies which can be found on the school website.

Should you have any questions or queries regarding the teaching of the Relationships, Sex and Health Education curriculum, please speak to your child's class teacher in the first instance. Mrs Duxbury (Principal) and Mr Barber (Deputy Head) can also be available to discuss any issues arising with you, once you have liaised with your child's class teacher.