ISLINGTON

MONTEM PRIMARY SCHOOL

Creative Resilient Motivated Courageous Thoughtful

Relationship and Health Education: Healthy Relationships

YEAR 6



What resources does the school use?

We use the You, Me PSHE scheme of work from Islington.



Year 6

Relationships and health education: Healthy relationships

Pupils learn:

- about the changes that occur during puberty
- to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact
- what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships
- about human reproduction in the context of the human lifecycle
- how a baby is made and grows (conception and pregnancy)
- about roles and responsibilities of parents and carers
- to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it

Lesson 1

Relationship & Health Education- Compulsory

Year 6 (Healthy relationships) lesson 1

Pupils learn about the changes that occur during puberty

Pupils

- can identify the physical, emotional and behavioural changes that occur during puberty for both males and females

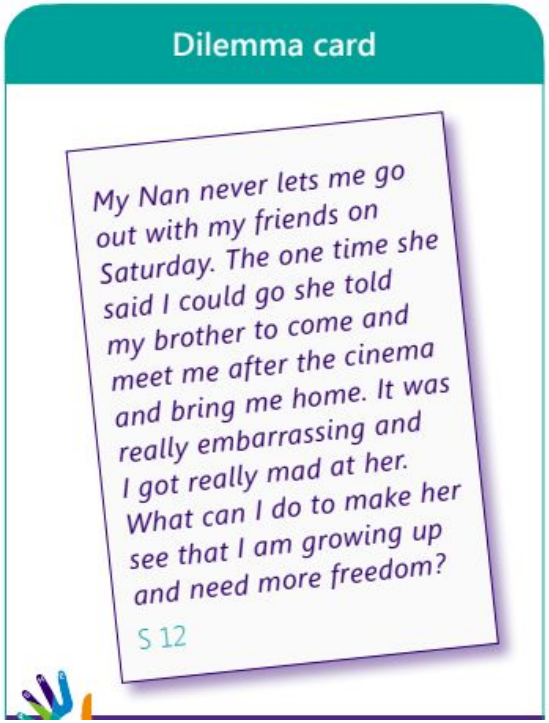
- understand that puberty is individual and can occur any time between 8-17

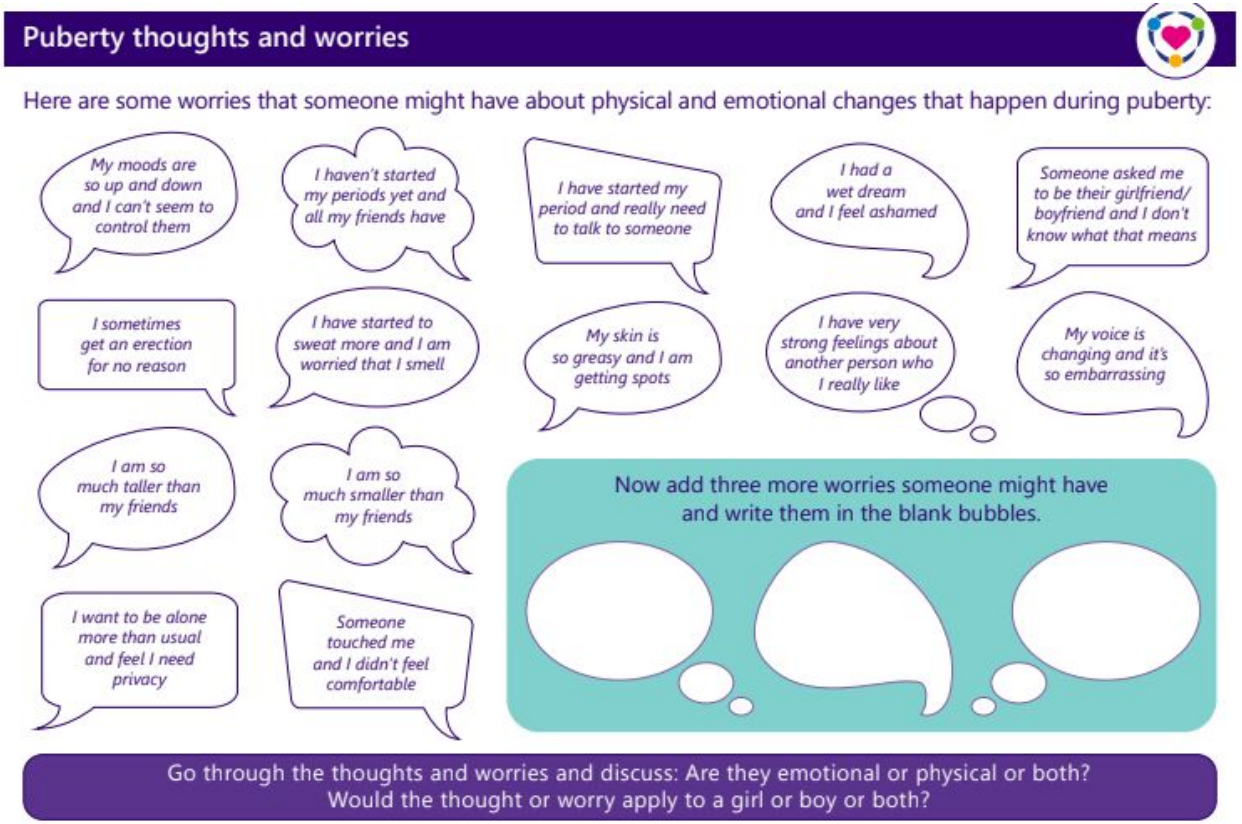
- understand that body changes at puberty are a preparation for sexual maturity



Resource examples

Lesson 1





Lesson 2

Relationship & Health Education- Compulsory

Year 6 lesson 2

Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact

Pupils

- understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture

- can recognise and challenge gender stereotypes

- understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour



Resource examples

Lesson 2

























Lesson 3

Part RSE

*

Year 6 lesson 3 (part RSE)

Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships

Pupils:

- can identify positive qualities and expectations from a variety of
- relationships
- can explain the similarities and differences between friendships and
- intimate relationships
- can describe that there are different types of intimate relationships,
- including marriage
- understand that sex or making love may be one part of an intimate
- relationship between adults



Resource examples

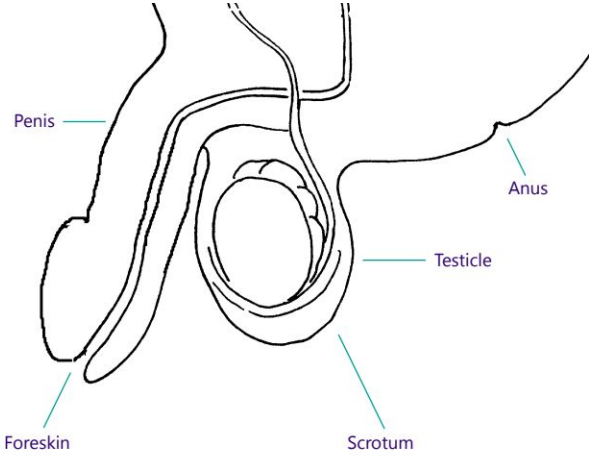
Lesson 3

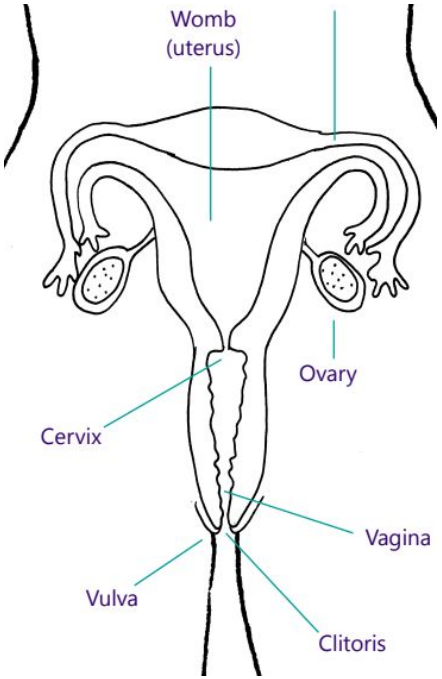
What do you think is important in a loving relationship? Write or draw your ideas below.

♥ ♥ ♥ **Love is** ♥ ♥ ♥

Finish this sentence

People know they love someone because...





Lesson 4

Part RSE

*

Year 6 lesson 4 (part RSE)

Pupils learn about human reproduction in the context of the human life cycle

Pupils

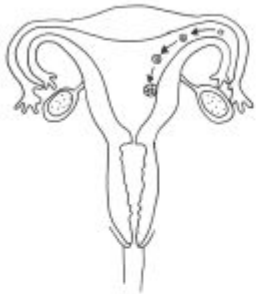
- understand that closeness in a relationship can be expressed in a variety of ways between consenting adults
- know that sexual intercourse may be one part of a sexual relationship
- can describe how babies are made and explain how sexual intercourse is related to conception
- can name the male and female sex cells and reproductive organs



Resource examples

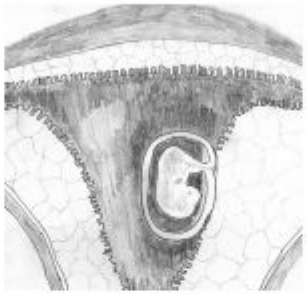
Lesson 4

How does pregnancy begin?



The fertilised egg travels down the tube to the womb. As it travels it grows. The two cells, one from the egg and one from the sperm, divide into four cells, then eight, then sixteen and so on...

How does pregnancy begin?



About eight days later the fertilised egg reaches the womb and attaches itself to the side. The woman is now pregnant. The baby should grow in the womb for nine months until it is born.

How does pregnancy begin?



Sometimes a sperm is implanted in the woman using IVF, when a sperm and egg are joined outside a woman's body and then implanted into the woman's womb.

Lesson 5

Part RSE

*

Year 6 lesson 5 (RSE)

Pupils learn how a baby is made and grows (conception and pregnancy)

Pupils

- know the male and female body parts associated with conception and pregnancy
- can define conception and understand the importance of implantation in the womb
- know what pregnancy is, where it occurs and how long it takes



Resource examples

Lesson 5

		True	False	Unsure
1	*A girl can become pregnant just before she has her first period*			
2	*It only takes one sperm to fertilise an egg*			
3	*Pregnancy begins when the sperm fertilises the egg*			

Lesson 6

Relationship & Health Education- Compulsory

Year 6 lesson 6

Pupils learn about roles and responsibilities of parents and carers

Pupils

- can identify some of the skills and qualities needed to be a parent and carer
- understand the variety of ways in which parents and carers (men and women) meet the needs of babies and children
- know some of the difficulties that can be faced by parents and carers and where they can get help



Year 6 Vocabulary

- Abortion
- Anus
- Clitoris
- Contraception
- Condoms
- Ejaculation
- Erection
- Masturbation
- Menstruation
- Miscarriage
- Penis
- Vagina
- Vulva
- Wet dreams



Thank you

