



Mickleover Primary School – PSHE Knowledge Organiser

Title: Growing Up-

Year Group: 6

Term: Summer 1

Key Learning Themes

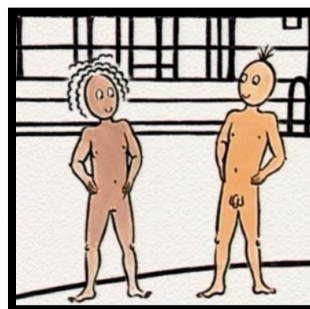
- To understand that puberty is part of the human life cycle.
- To understand the physical and emotional changes that will happen to boys and girls during puberty.
- To explore the similarities & differences between males and females.
- To know that boys and girls change in different ways as they get older.
- To understand that these changes are normal and are a part of growing up.
- To use the correct vocabulary to name parts of the body and to describe the changes that take place during puberty
- To understand the importance of personal hygiene.
- Recognising what seeking and giving permission (consent) means
- Recognising how social media images can be used positively and negatively and that they can be manipulated.
- Recognise that people can be attracted to another, emotionally, romantically and physically.
- To identify where to get advice and help

Key questions:

- What are the similarities and differences between boys and girls?
- What are the correct names for male and female body parts?
- What is puberty and when does it happen?
- What changes happen on the outside /inside of a female body during puberty?
- What changes happen on the outside / inside of a male body during puberty?
- Why do these changes occur?
 - What emotional changes occur?
 - Why is personal hygiene important?
 - Are social media images all that they appear?

Ground rules

1. We will listen to each other.
2. We won't make fun of anyone.
3. You can 'pass' when answering a question.
4. We will not discuss our personal lives or use names
5. We know we can talk to our teacher or another adult in school if we want to talk or need help.



Useful vocabulary

puberty	Puberty is the time when a boy or girl's body begins to develop and change as they become an adult.
menstruation	The correct term for the period when a female loses blood and tissue from her vagina.
vagina clitoris	Part of the female sexual organs
penis	Male sexual organ
Hormones	Hormones are the chemicals in the body that help us grow and function. Testosterone is the male sex hormone and oestrogen is the female sex hormone.
Personal hygiene	Keeping our bodies clean and fresh

Strategies for learning:

To explore our themes for this unit, we will be watching films; talking about our thoughts and ideas; exploring our ideas and feelings through written and creative activities; and listening to others.