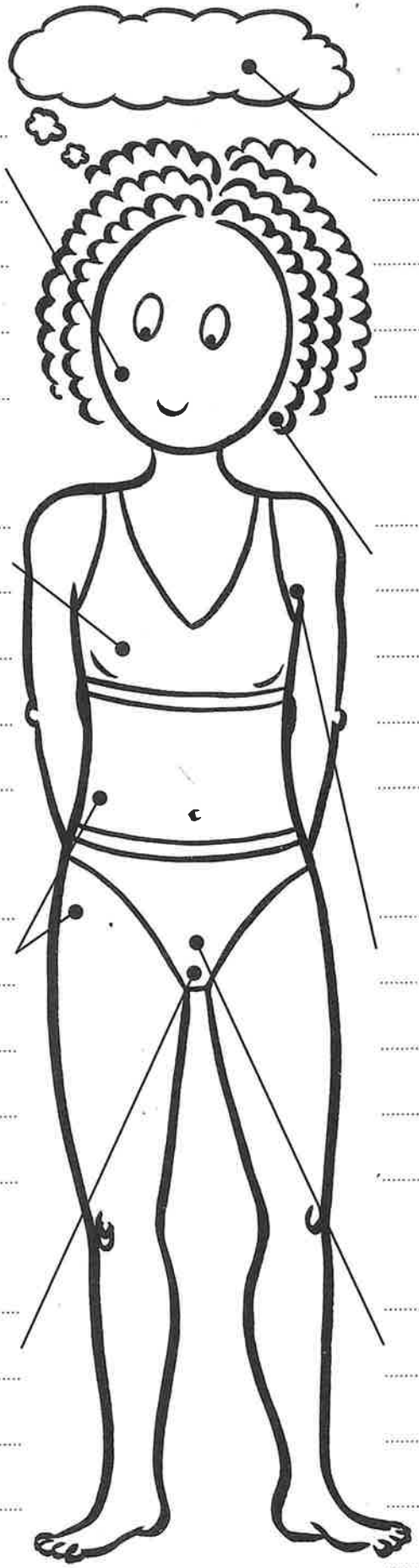
RSE planning Year 6 Day 1

Time	Session content	Resources
9:15 -9:30	Introduce that we are here to talk about puberty. Question: What is puberty, what does it mean? Talk about the content of the session and establish ground rules.	Large paper for ground rules.
9:30 -10:15	Hygiene Game and discussion around items.	Large cloth Washing products Sanitary products.
10:15-10:45	Girl talk: Talk about puberty and when it is likely to happen and talk about the changes that happen and why. Look at each part of the changes that are happening for girls. (create a word bank for SEN) Talk through the sheet and then children have a go at filling it in. Break	Unit 3 page 12 Autism/SLD resource available
11:00-11:20	Talk about periods and what happens during this time. Show children the image of the uterus and show the different aspect of the menstrual cycle. Talk about what we use to stop blood from staining our clothing. Model to the children how to use different sanitary products.	.
11:20-11:40	Watch girl talk video to summarise.	
11:40-12:00	Review learning around menstrual cycle and complete activity. Create word bank to support. OR Provide each table with a question and allow them to discuss as a table/Kagan partner and feedback to create a class fact-file about periods. Or complete matching activity with more detail and information about periods. Children with SEND to work through changing sanitary pad task planner and keeping clean social story with key worker. (this will be added to class timetable) Lunch	Unit 2 activity 7 page 18. See additional SEND resources OR Unit 3 activity 2 page 13 matching activity.
1:10-1:40	Review this mornings session and then discuss the changes that are happening to boys. Discuss that it tends to happen a little bit later. Look at each part of the changes that are happening for girls. (create a word bank for SEN) Talk through the sheet and then children have a go at filling it in.	Unit 3 activity 9 pg 24 Possible activity if time Unit 3 activity 10 page 25

Name .....

Check out the changes, girls!



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Name.....

Periods – what do you know?

Can you help these children by answering their questions? The words at the bottom of the page may help you.



What is a period?

How old are girls when their periods start?

How long do periods last?

What do you use to soak up what comes out?

Can you still do PE and go swimming?

A period is...

Girls are...

Periods last for...

You use...

You can...

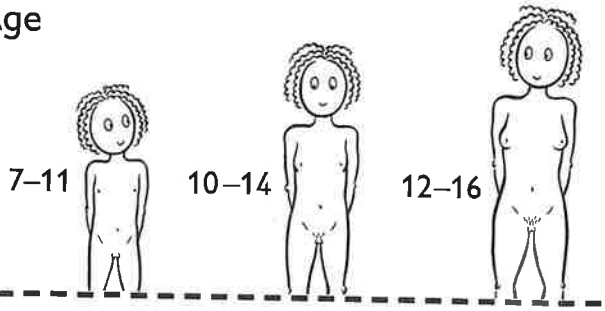
exercise shower average thirteen tampon
sanitary towel monthly menstruation periods
heavy blood light vagina womb

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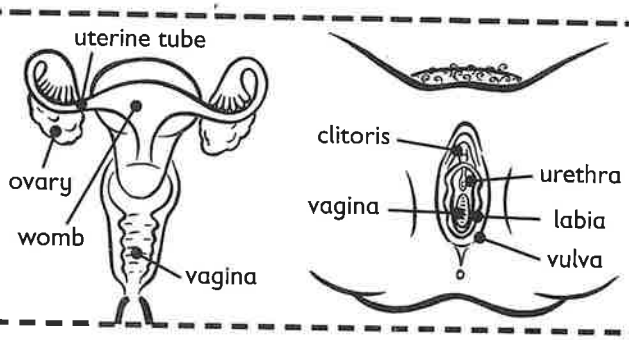
Name.....

Menstruation

Age

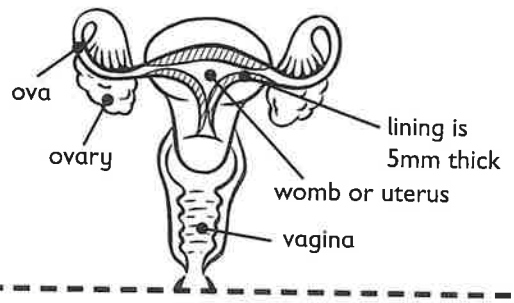


When a girl reaches puberty between the ages of 10 and 14 she will produce an ovum (egg) every month. This is released at ovulation into the uterine tube to begin its journey to the womb.

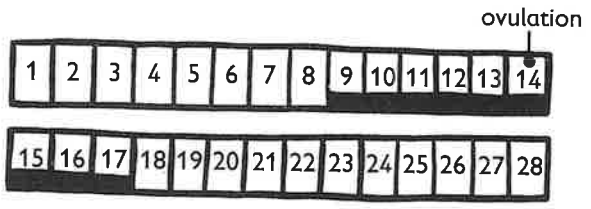


In the ovaries are up to 2 million eggs. During her life a woman will release four or five hundred ova (eggs). Most will not be fertilised and will pass out of the body through the vagina.

Day 21

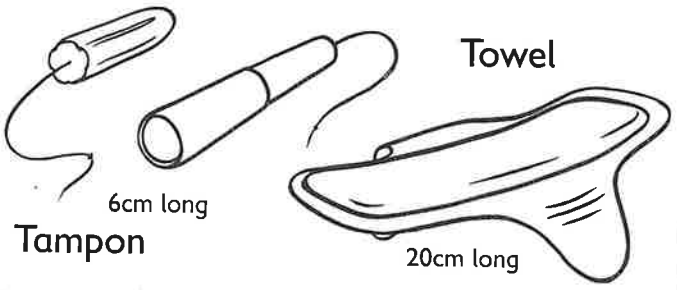


Every month the womb prepares to receive a fertilised egg by making a thick, soft, spongy lining. By day 21 of the cycle it is 5mm thick. If the egg isn't fertilised the lining breaks up.



day 9 to day 17 = fertile time

At day 1 of the menstrual cycle the lining of the womb combined with blood cells passes through the vagina and is called a period. Most girls start their periods between 12 and 14 years of age.



To soak up the menstrual flow as it leaves the vagina, girls and women may choose between an absorbent towel which is worn in their pants or a tampon which is inserted into the vagina. Both should be changed regularly.

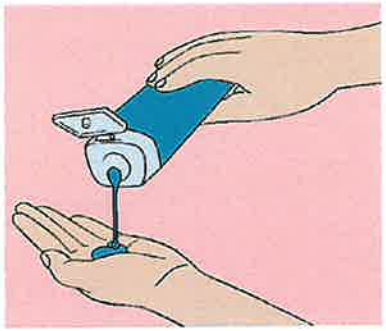


On average the amount of blood leaving the body is about half a small cupful, or two tablespoonfuls, or an eggcup full. Women have periods until they are about fifty, when they become less regular and eventually stop.

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Get in the shower or bath and get wet all over.



Put soap or shower gel on to your hands.



Wash your breasts.



Wash your vagina.



Wash your bottom.



Rinse off all of the soap or shower gel with water.



Repeat this daily.



Sit on the toilet and pull down my knickers (like when I have a wee).



Take the used pad out of my knickers.



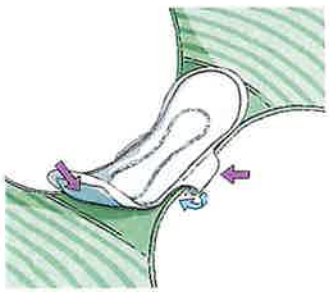
Wrap the used pad in toilet paper.



Put the used pad in the sanitary bin.



Open the packet for the new pad.



Press the pad into my knickers.

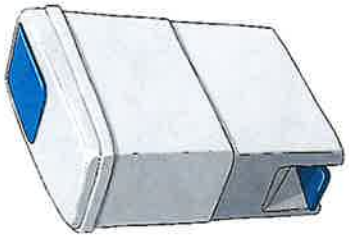


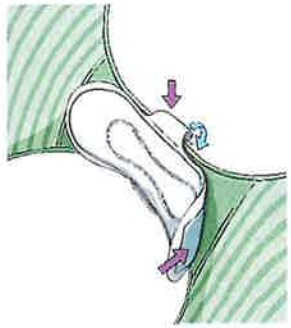
Pull up my knickers.



Flush the toilet and wash my hands.

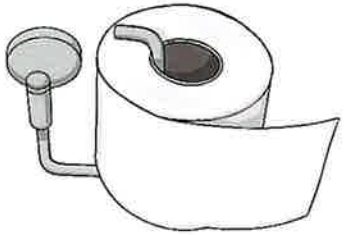










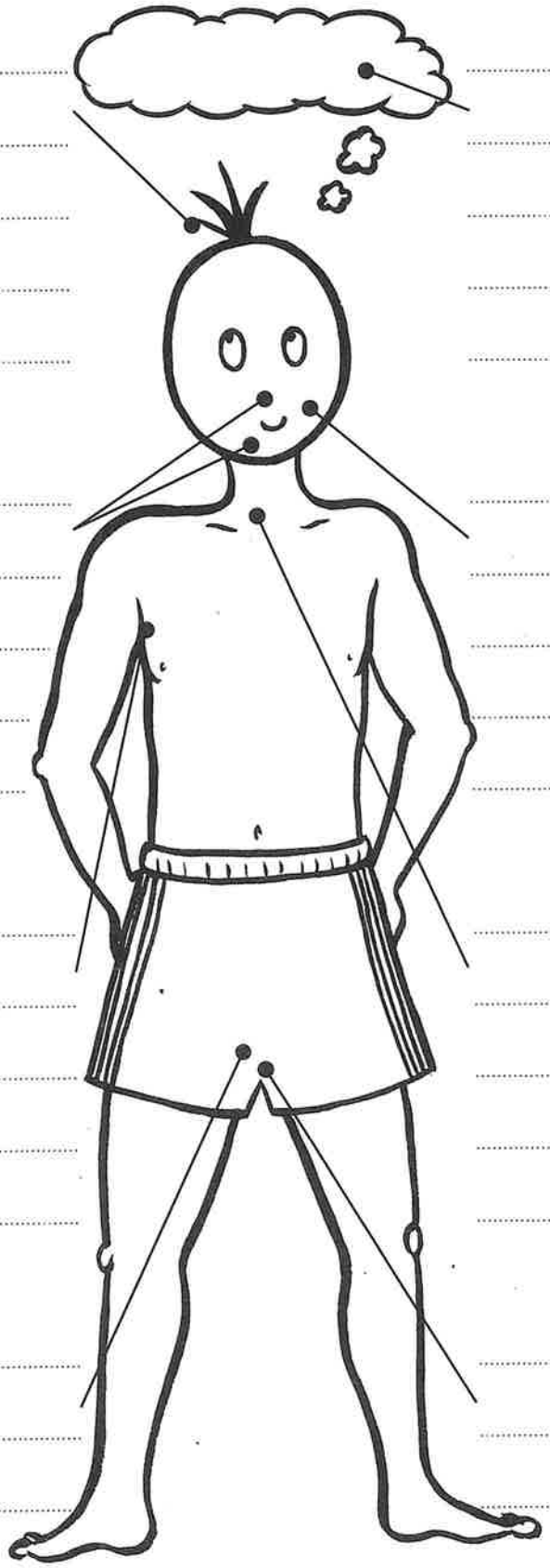






Name:

Check out the changes, boys!

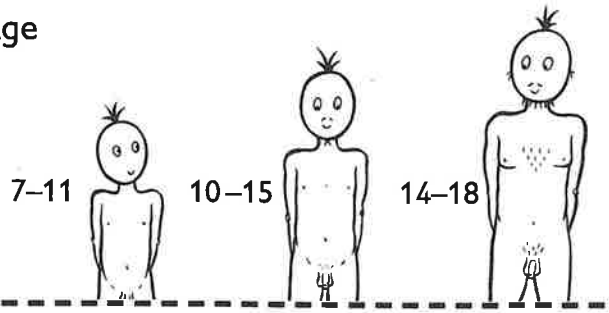


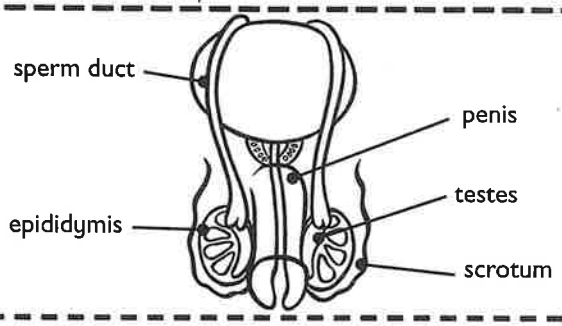
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Name.....

Sperm

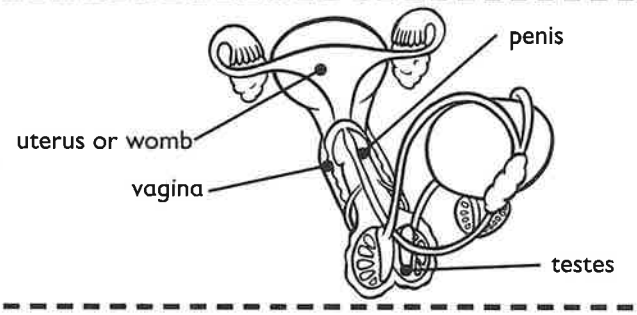
Age



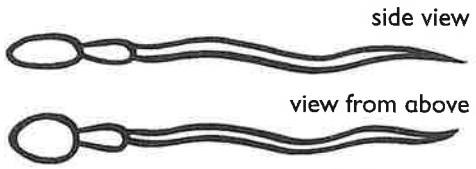


When a boy reaches puberty between the ages of 12 and 15 he will begin to produce sperm. These are made in the testes and are necessary to fertilise an ovum (egg). Sperm are released during sexual intercourse.

Sperm cells are produced continuously in tiny coiled tubes in the testes. They are squeezed from the testes into the epididymis where they mature for two weeks. The testes are held in a bag of skin called the scrotum behind the penis.

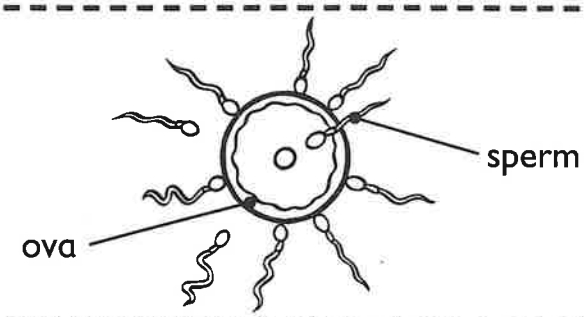


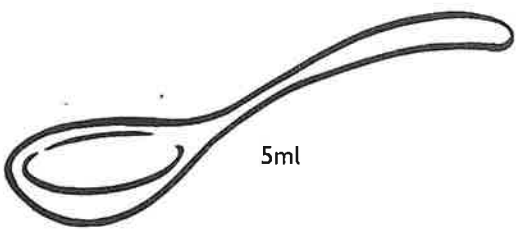
Human sperm



When a man and a woman love each other they may have sexual intercourse. The penis fills with blood and becomes erect and is put in the vagina, which becomes slippery. The man's penis and the woman's clitoris have a nice feeling and the sperm are ejaculated into the vagina.

The testes produce sperm throughout a man's life. Several million sperm are produced every day. During sexual excitement the sperm mix with a milky liquid which gives them energy. This mixture of sperm and liquid is called semen.





The sperm leave the man's penis and travel into the vagina where they swim up the uterus and into the uterine tubes. If the woman has ovulated, a single sperm may enter the egg and fertilise it to begin a new baby. The remaining sperm die.

Semen is released from the body through masturbation and during wet dreams. This is perfectly normal. On average the amount of semen released from the penis is about a teaspoonful. It is never released with urine.

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Word bank for girls changes

Hormones
Spots
Breasts grow
Smaller waist
Bigger hips
Periods start
Pubic hair
Armpit hair

Hormones
Spots
Facial hair
Testicles drop
Penis gets bigger
Broader shoulders
Pubic hair
Armpit hair

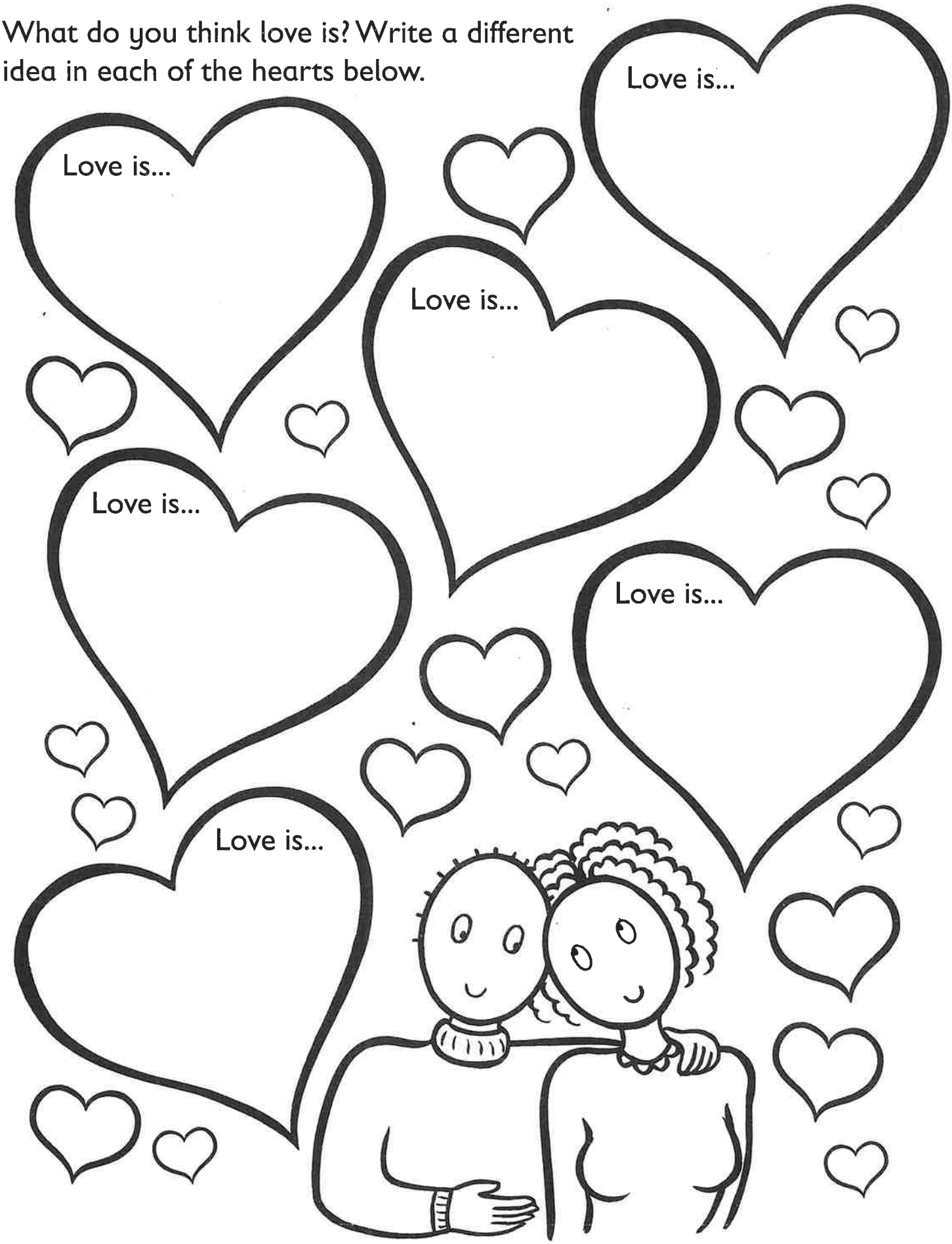
Word bank for periods

Around 9-13 yrs
28 days
Tampons or sanitary towels
Blood
Vagina
Everyday activities
School
Exercise
Period

Name.....

Love is...

What do you think love is? Write a different idea in each of the hearts below.

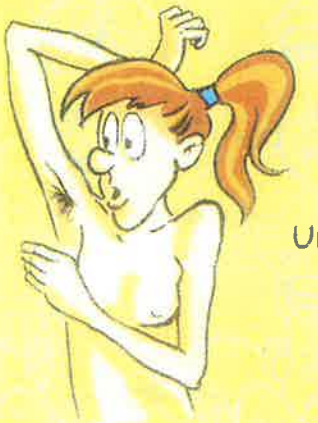


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You will grow hair on your body



Pubic area
(around your vagina)



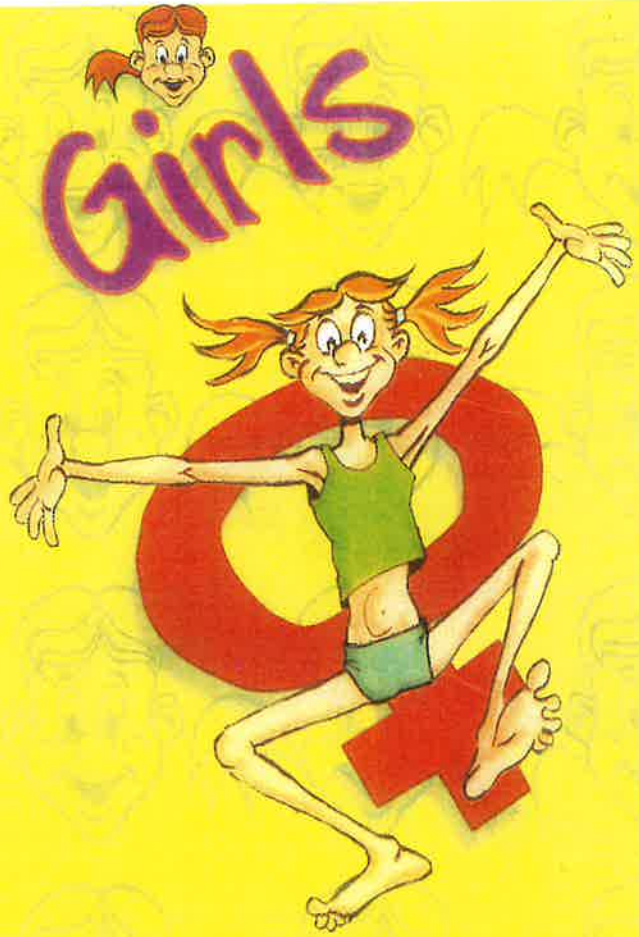
Underarms



Legs

NHS

Cornwall and Isles of Scilly
Health Promotion Service ©
Illustrations and Design
by Robbie McIntosh



Checkout the Bare facts And all the Hairy Bits

RSE planning Year 6 Day 2

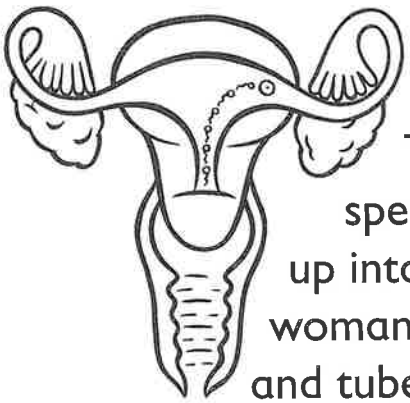
Time	Session content	Resources
9:15 -9:30	Review the ground rules. Review all the learning from yesterday. Revisit healthy relationships.	Large paper for ground rules. Record of yesterdays 'love is' activity.
9:30 -10:00	Conception: Discuss the age of consent and the age that you are legally allowed to have sex. Discuss the importance of both people consenting to this next stage of a relationship. Explain the process of sex and link this to the female menstrual cycle and how this could then mean that the female gets pregnant. Use the activity sheet to help timeline sexual intercourse. Discuss that pregnancy would be avoided during certain times of the menstrual cycle and also discuss the use of contraception to stop the woman from becoming pregnant.	Unit 2 activity 11 page 26
10:00-10:15	Watch video to summarise.	
10:15-10:30	Complete timeline activity in pairs. Break	Unit 2 activity 11 page 26
10:45-11:00	Review how the female gets pregnant and talk about pregnancy. Review where they baby lives inside the woman, how it stays healthy, impact on the woman, healthy pregnancy etc. Talk about labour and the different ways that the woman can give birth.	
11:00-11:20	Watch video to summarise.	
11:20-11:40	Discuss how to look after a baby and all the things that a baby needs to thrive. Complete 'building for baby' activity.	Unit 2 activity 14 page 29
11:40-12:00	Questions. Review golden rules Lunch	
SEN and EAL considerations • Word bank for changes sheet. • Adult support where needed.		

Name.....

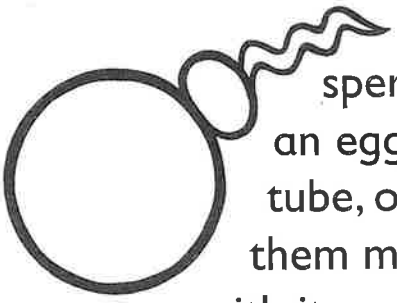
How does a baby start?



The man and woman cuddle each other very close.



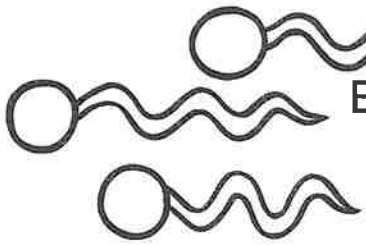
The sperm swim up into the woman's womb and tubes.



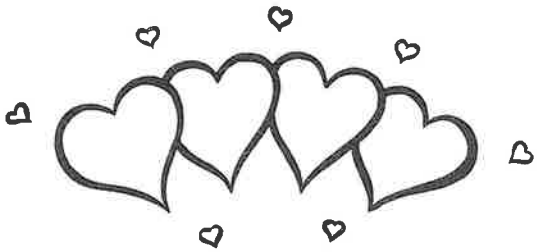
If the sperm meet an egg in the tube, one of them may join with it.



Afterwards the man and woman often cuddle because they feel so happy together.

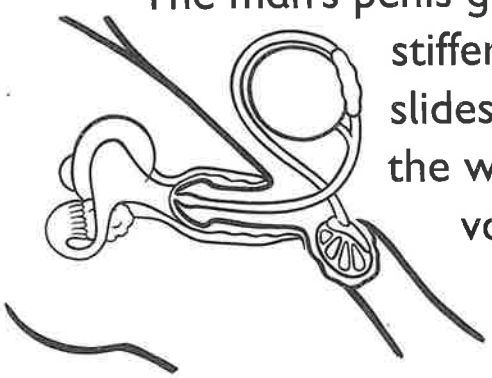


Eventually sperm travel from the end of the man's penis into the woman's vagina.



This is called making love. It is very exciting for them.

The man's penis gets stiffer and slides inside the woman's vagina.





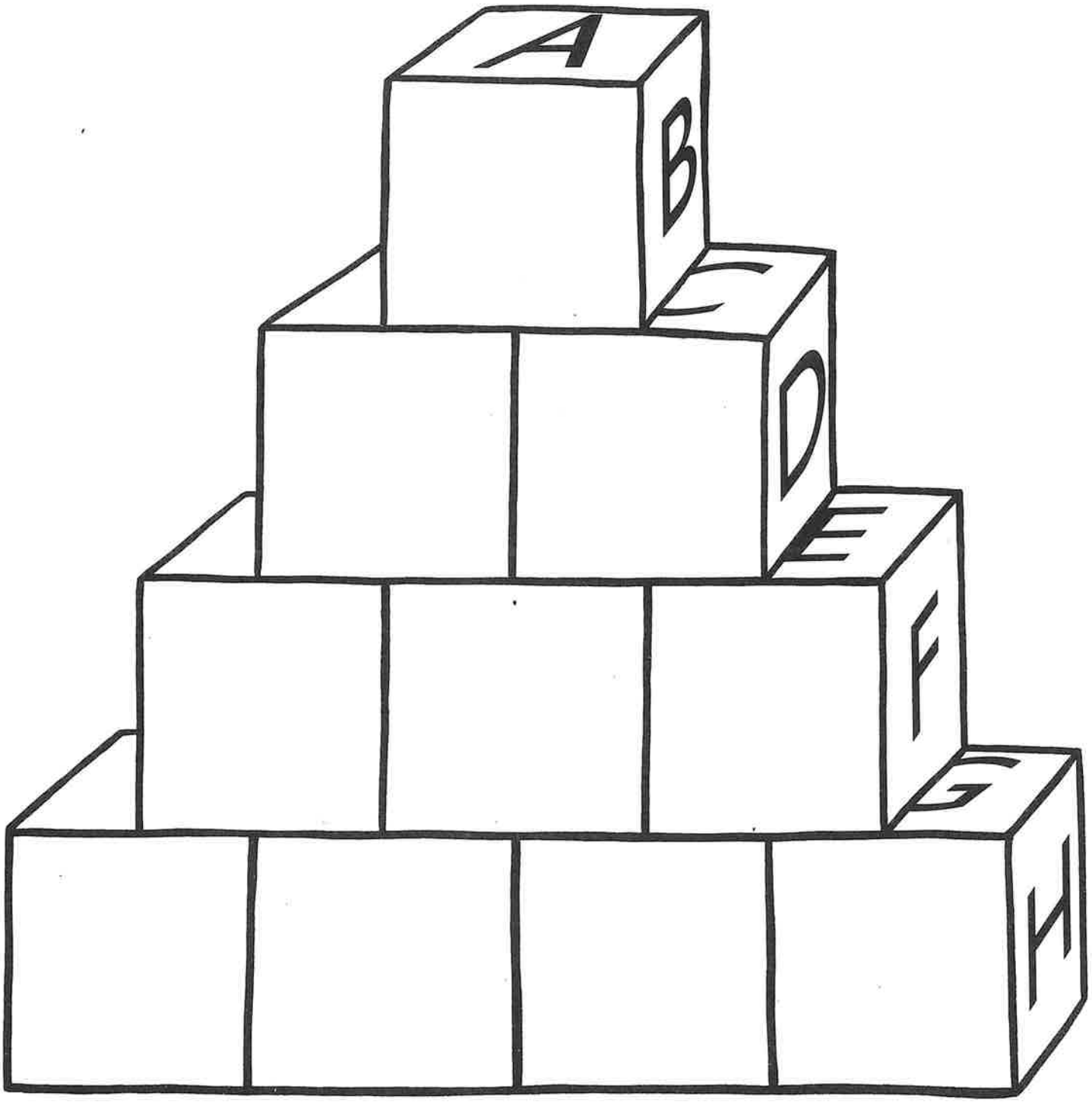
When a sperm and an egg join together a baby can start to grow.

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Name.....

Building for baby

Having a baby changes your life! On each brick draw and label something that a new baby will need.



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