



Ribbon Academy
Barnes Road
Murton
Co Durham
0191 5175900

Mrs A Sheridan (Head teacher)
www.ribbonacademy.co.uk

Monday 19th May 2025

Year 6 PSHE (Changing Me)

Dear Parent/Carer,

Over the coming term, Year 6 will begin the Relationship and Sex Education (RSE) work. Relationship & Sex Education became a statutory part of the National Curriculum in September 2020.

The Curriculum focuses on the human life cycle and differences between boys & girls. The children will also spend time learning about the human body, including the scientific names for male and female reproductive organs.

A full overview of your child's planned learning can be found on the following page.

If you have any questions about your child's RSE work, please contact either myself or Miss Hutchinson via Main Reception. Mrs Maddison will also be able to provide support materials for parents/carers to discuss age appropriate RSE in the home.

Kind regards,

Mr S Houghton
Deputy Head Teacher

Year 6 Curriculum Content

Weekly Celebration	Pieces	PSHE learning intention	Social & Emotional development learning intention
Understand that everyone is unique and special	My self-image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self-esteem
Can express how they feel when change happens	Puberty	I can explain how girls' & boys' bodies change during puberty & understand the importance of looking after yourself physically & emotionally	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in themselves	Babies: Conception to birth	I can describe how a baby develops from conception through the nine months of pregnancy & how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
Understand and respect the changes that they see in other people	Boyfriends & Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship & what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship and that I should not feel pressured into doing something I don't want to do
Know who to ask for help if they are worried about change	Real self & ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative body talk
Are looking forward to change	The year ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school	I know how to prepare myself emotionally for the changes next year