

Year Six Health Education – a summary of the programmes

Below is a summary of the programmes that the children will be watching over the 2 week Health Education program, the children will watch the relevant episode and then discuss what they have seen and complete relevant follow up activities. Where possible, the episodes will be watched in the morning, giving children time to discuss and complete the activities. Below is a guide to each programme, so that you know what they have seen and can discuss it with them if you would like to.

Monday 4th June - Programme 1 – The Same but Different:

This programme is a general introduction to our Health Education topic. It covers:

- Relationships, e.g. marriage, family, friends
- Differences between boys and girls, e.g. choice of clothes, toys, playground games
- Children talking about who they play with and who they are friends with
- Growing up and being allowed more independence

Tuesday 5th June - Programme 2 – Changes:

This programme explores changes that occur as we grow up including:

- That our bodies change as we grow
- That our emotions and relationships change as we grow
- Why males and females have different sexual organs and the proper names for the sexual organs

Wednesday 6th June - Programme 3 – Girl Talk:

This programme covers the main changes experienced by girls at puberty including:

- Physical changes experienced by both sexes, e.g. spots, hair, sweat
- Physical changes exclusive to girls, e.g. breasts, menstruation
- Emotional changes experienced, e.g. fancying people, mood swings

Thursday 7th June - Programme 4 – Boy Talk:

This programme covers the main changes experienced by boys at puberty including:

- Physical changes experienced by both sexes, e.g. spots, hair, sweat
- Physical changes exclusive to boys, e.g. voice breaking, wet dreams
- Emotional changes experienced, e.g. fancying people, mood swings

Monday 11th June - Programme 5 – How Babies are Made:

This programme revisits the different types of relationships that people have including friendships, family relationships, and adult relationships including marriage, co-habiting and homosexual couples.

The programme explains how babies are made using animations of ovulation, intercourse and fertilisation, as well as a microscopic view of fertilisation.

Wednesday 12th June - Programme 6 – How Babies are Born:

This programme explores pregnancy and birth. It includes interviews with expectant mums, how a foetus develops throughout pregnancy and film of a woman in labour and her baby being born. The programme also discusses the care of newborns.

Friday 15th June - There will be an additional lesson where expectant mums and mums with newborn babies will visit to talk about their pregnancies and caring for their babies.