

Jigsaw Summer Term Overview – Year 6

| Relationships | Week 1 12/4/2021 | Week 2 19/4/2021 | Week 3 26/4/2021 | Week 4 3/5/2021 | Week 5 10/5/2021 | Week 6 17/5/2021 |
|----------------------|---|---|--|---|--|---|
| | <p>know that it is important to take care of my mental health</p> <p>understand that people can get problems with their mental health and that it is nothing to be ashamed of</p> | <p>know how to take care of my mental health</p> <p>help myself and others when worried about a mental health problem</p> | <p>understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>recognise when I am feeling those emotions and have strategies to manage them</p> | <p>recognise when people are trying to gain power or control</p> <p>demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p> | <p>judge whether something online is safe and helpful for me</p> <p>resist pressure to do something online that might hurt myself or others</p> | <p>use technology positively and safely to communicate with my friends and family</p> <p>take responsibility for my own safety and well-being</p> |
| Changing Me | Week 7 24/5/2021 | Week 8 7/6/2021 | Week 9 14/6/2021 | Week 10 21/6/2021 | Week 11 28/6/2021 | Week 12 5/7/2021 |
| | <p>aware of my own self-image and how my body image fits into that</p> <p>know how to develop my own self-esteem</p> | <p>explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally</p> <p>express how I feel about the changes that will happen to me during puberty</p> | <p>describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>recognise how I feel when I reflect on the development and birth of a baby</p> | <p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p> <p>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</p> | <p>be aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>express how I feel about my self-image and know how to challenge negative 'body-talk'</p> | <p>identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class</p> <p>know how to prepare myself emotionally for the changes next year</p> |

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