

1. My Self Image <ul style="list-style-type: none"> • <i>Self-image</i> • <i>Self-esteem</i> • <i>Real self</i> • <i>Celebrity</i> 	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
2. Puberty <ul style="list-style-type: none"> • <i>Opportunities</i> • <i>Freedoms</i> • <i>Responsibilities</i> • <i>Puberty vocabulary as represented on the flash cards (and possibly adapted for your class)</i> 	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty

3. Babies: Conception to Birth Assessment Opportunity <ul style="list-style-type: none"> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Foetus</i> • <i>Placenta</i> • <i>Umbilical cord</i> • <i>Labour</i> • <i>Contractions</i> • <i>Cervix</i> • <i>Midwife</i> 	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
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5. Real self and ideal self <ul style="list-style-type: none"> • <i>Self-esteem</i> • <i>Negative body-talk</i> • <i>Choice</i> • <i>Feelings/emotions</i> • <i>Challenge</i> • <i>Mental health</i> 	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'
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