



Tuesday 23rd July 2019

Personal Development, Health and Physical Education Unit **Growing and Changing**

Dear Parents,

This term the Year Six students will be learning about 'Growing and Changing' during our Personal Development unit, part of the New South Wales Board of Studies PDHPE Syllabus. The purpose is for students to investigate their personal identity, the systems of the human body, physical, social and emotional changes experienced during puberty and explore their own sense of worth and dignity.

Below you will find an outline of what will be covered throughout the unit:

Topic	Lesson Content
1	What is self-esteem & how does it affect what I value? <ul style="list-style-type: none">- Identify people and events that may influence the development of self-esteem, eg, friends, family, life changes (milestones), loss, relocation.- How do good relationships help your self-esteem?- What makes a good relationship?- How can good relationships help people cope with issues?
2	How do body systems work? <ul style="list-style-type: none">- Digestive, respiratory, muscular, skeletal, nervous, circulatory and immune systems- Label parts/components of the system- Identify function of the system
3	How do I change during Puberty? <ul style="list-style-type: none">- Physical, social and emotional- Puberty varies between individuals- Identify changes that boys and girls experience
4	How do I change during Puberty? <ul style="list-style-type: none">- Why puberty happens?- How does puberty happen?- What changes occur in our bodies? <p>*Students watch the 'Things are Changing' DVD Part 1: General Physical Changes for Boys and Girls – discussed and viewed in separate male and female groups</p>
5	How does my Reproductive System work? <ul style="list-style-type: none">- How does the female reproductive system work- How does the male reproductive system work- Signs your body displays- Menstruation and nocturnal emissions- Identify that the male and female reproductive systems combine to create a baby <p>*Students watch the 'Things are Changing' DVD Part 2 & 3: What's happening for the boys/girls – discussed and viewed in separate male and female groups</p>
6	How are boys and girls expected to act? <ul style="list-style-type: none">- Look at texts and images that demonstrate stereotypes, gender images and behaviour- Discuss that media can encourage us to look or act a certain way- Discrimination (age, disability, racial, gender)



Corpus Christi Primary

GROWING TOGETHER AS THE BODY OF CHRIST

As this can be a sensitive topic, we ask that you take the time to discuss with your child some of the aspects listed above. The students are aware that during this unit, they need to respect the conversations between both teachers and peers and are encouraged to display maturity and sensitivity.

If there are parents who would like to watch the 'Things are Changing' DVD, the Year Six teachers will provide an opportunity on Tuesday, 30th July at 3:20pm in the Year Six learning space.

Please complete the form below.

The DVD runs for approximately 30 minutes.

Kind Regards,

Mr Lanyon, Mrs Hamilton, Miss Jones and Mrs O'Rourke

Dear _____ (Teacher's Name),

- ☐ **I will be** attending the parent information session on Tuesday, 30th July at 3:20pm in the Year Six learning space in order to watch the 'Things are Changing' DVD.
- ☐ **I will not be** attending the parent information session to watch the 'Things are Changing' DVD.

I acknowledge that my child will be completing the 'Growing and Changing' Unit and understand the content that will be covered during Personal Development & Health lessons, which is a component of the Growth and Development section of the New South Wales Board of Studies PDHPE Syllabus.

Child's Name: _____

Child's Class: _____

Parent Name: _____

Parent Signature: _____