

RSE – Year 6

Lesson 5: Conception and pregnancy

The Ground Rules

1. We are sensible and respectful towards staff and our peers at all times
2. We carefully consider the information we share with the whole class to decide if it is appropriate
3. We understand that we can speak privately to a member of staff if we need to but recognise that staff may share comments that are made with selected other members of staff or parents if we feel you may need more support
4. We put our hands up to ask sensible questions but we are mindful that staff will only answer questions relevant to the topics of relationships, puberty and how babies are conceived. If we ask questions about other issues around this we recognise that staff will answer us respectfully and in an age-appropriate way
5. We will never laugh, tease or make fun of anyone for questions or comments they may make – this will be taken very seriously by staff
6. We will discuss the lessons with our friends if we feel we need to do so for support but we will not discuss them outside of class or on social media in an inappropriate manner
7. We will use the correct medical/scientific names for body parts and processes



How is
a baby
conceived?

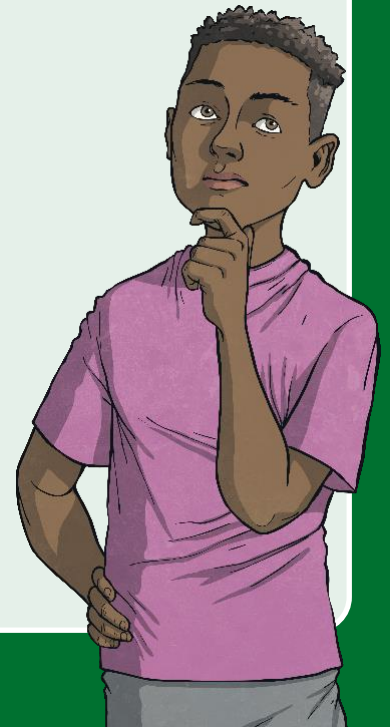
How does a
baby grow?

How is a
baby born?

Human Reproduction

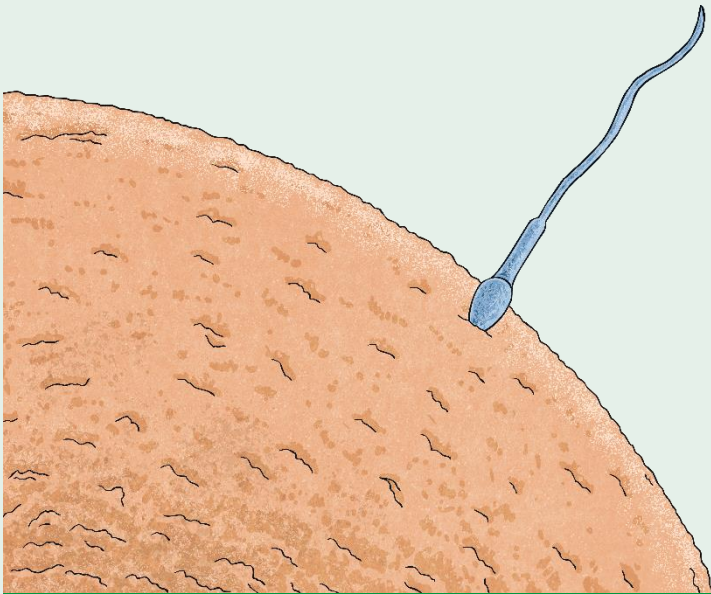
Using what you already know about human reproduction, see if you can complete the following statements with your partner.

- A male produces sperm in his testicles.
- Once a month, the female's body releases an egg.
- A male and a female in a loving relationship might decide to have sexual intercourse to try to make a baby.
- Only one sperm can fertilise the egg.
- A fertilised egg takes nine months to grow into a baby.
- The female carries the baby inside her womb (uterus).



From Conception to Birth

Human reproduction is amazing!



From a sperm fertilising an egg
(otherwise known as **conception**)...



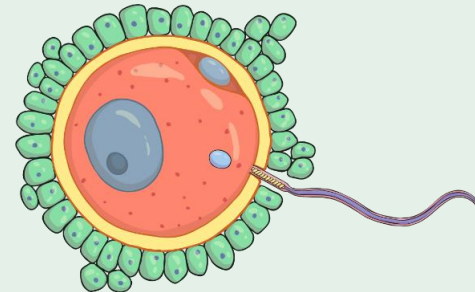
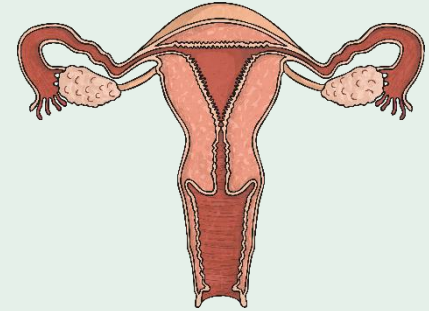
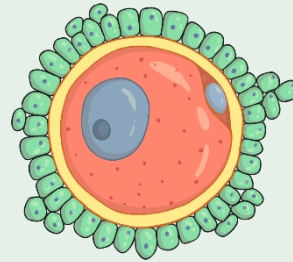
to the **birth** of a baby.

From Conception to Birth

If a male and a female want to conceive a baby, they have sexual intercourse. The male's penis ejaculates sperm, which race to find the female's egg.

The female's body releases one egg once a month. The egg only lives for about 12 – 24 hours but sperm can live for 5 – 7 days.

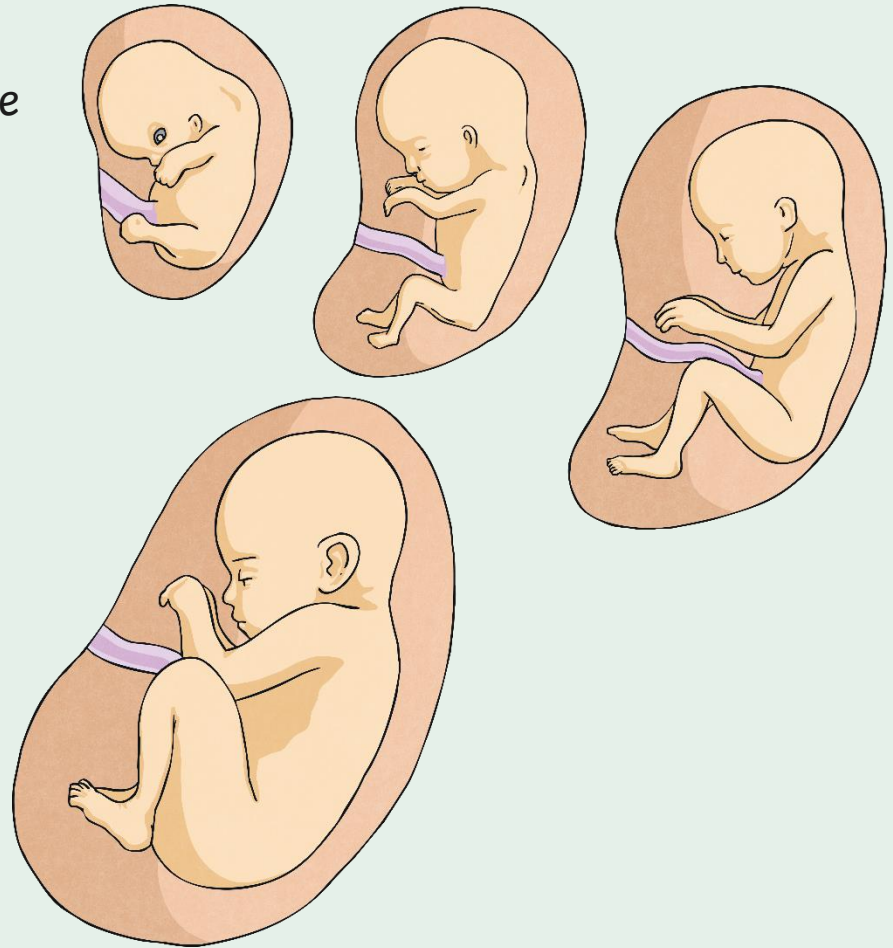
If a sperm reaches the egg, the egg is fertilised, starting a new life form.



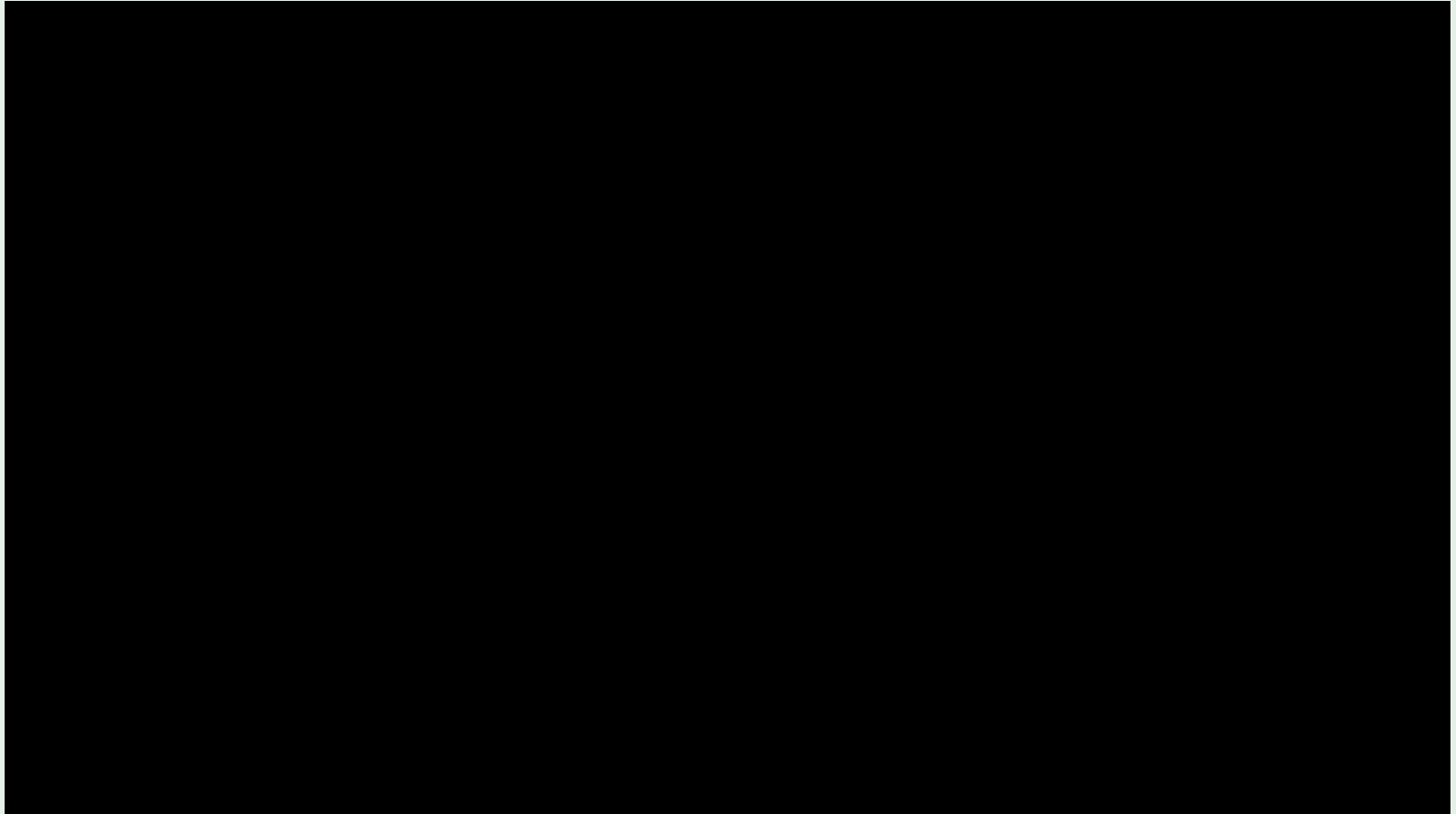
From Conception to Birth

Let's take a closer look at the whole journey from **conception** to **birth**..

Watch the video carefully and feel free to jot down any questions you have about the development of the **foetus** (this is what the baby is called before it is born).



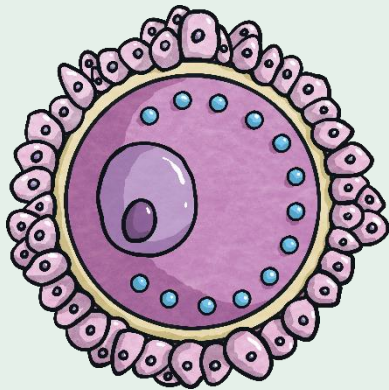
From Conception to Birth



<https://www.youtube.com/watch?v=SK72Iu8TbF4&t=2s>

From Conception to Birth

Wow! From just two cells (a sperm and an egg) to 37.2 trillion cells in a human being!



zygote



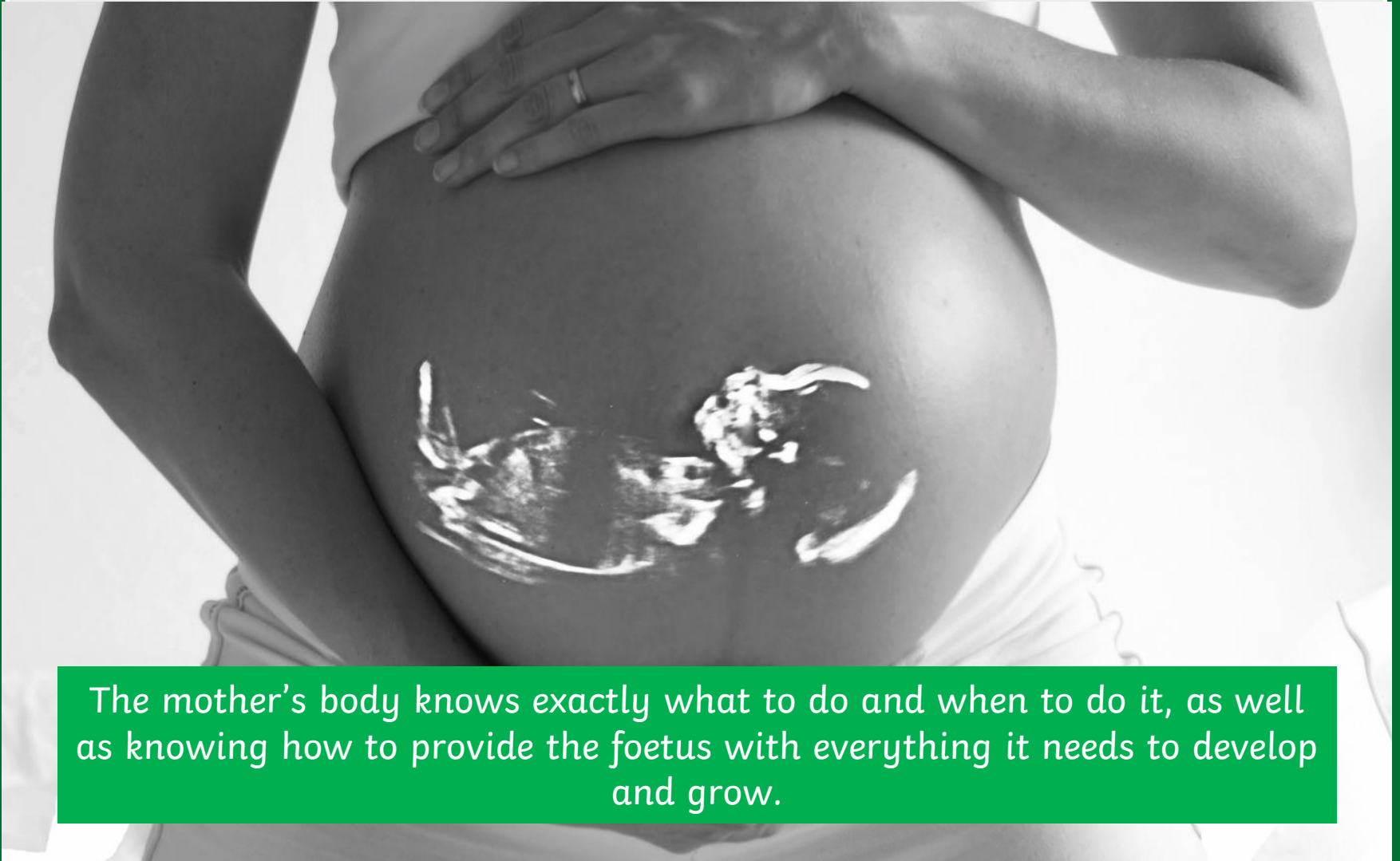
embryo



foetus

The rate of growth is extremely rapid. The egg cell measures 0.12mm in diameter and a newborn baby is approximately 50cm.

What a Foetus Needs



The mother's body knows exactly what to do and when to do it, as well as knowing how to provide the foetus with everything it needs to develop and grow.

What a Foetus Needs

With your partner, can you think of three things a foetus needs in order to grow and develop inside the womb?

oxygen

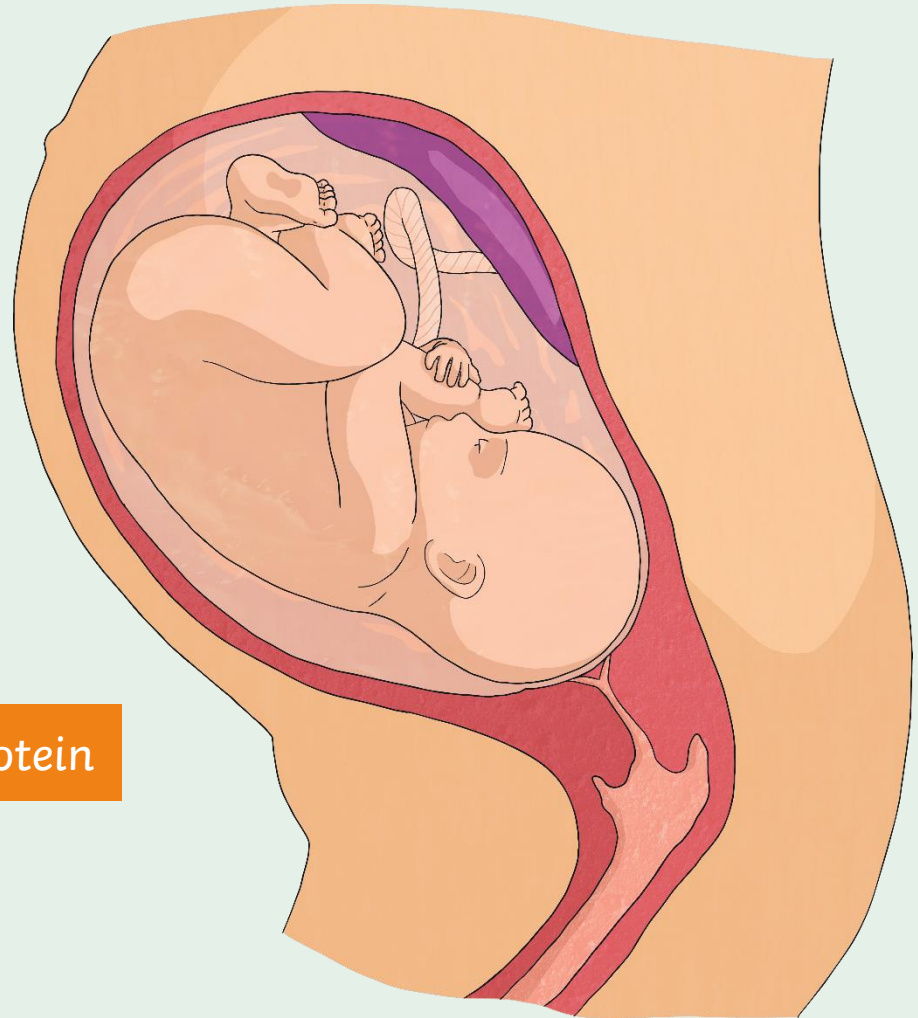
minerals

fats

vitamins

protection

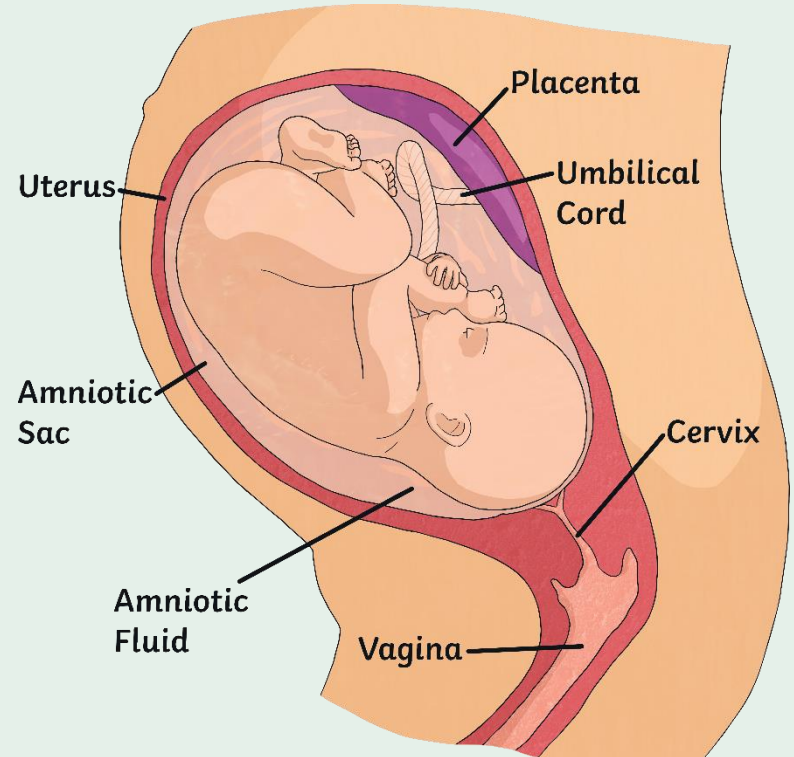
protein



What a Foetus Needs

In the uterus, the foetus is protected inside an **amniotic sac**, which is filled with **amniotic fluid**.

All the **nutrients** that the foetus needs while it is inside the womb (or uterus) are passed from the mother's body to the foetus. The mother's body creates a **placenta**. Nutrients and oxygen pass from the placenta to the baby through the **umbilical cord**.

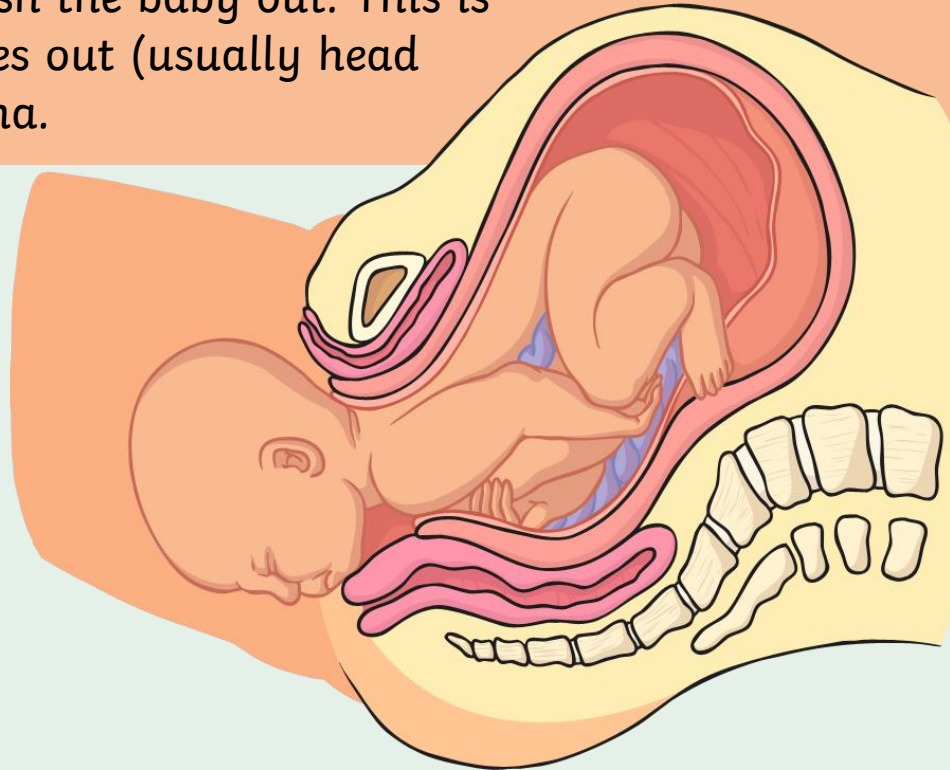


The umbilical cord also carries waste substances, such as carbon dioxide, away from the baby to the placenta.

How a Baby Is Born

After nine months of growing inside its mother, the baby is ready to be born.

The muscles in the uterus push the baby out. This is called **labour**. The baby comes out (usually head first) from the mother's vagina.



How a Baby Is Born

Some babies are born through a **caesarean section** (or **C-section** for short). This is when the baby cannot be delivered through the vagina, for example the baby may be breech (meaning it is feet first in the womb, rather than head first ready to be born).



In a C-section, an incision is made through the woman's tummy and into her womb. It is a common operation and is safe for both the mother and the baby.

The Journey from Conception to Birth

It really is amazing that the human body can create new life from one sperm and one egg.

What I Would Like to Know

Can you believe that you all started out as two cells – a sperm and an egg meeting?

The way you developed inside the womb was the start of you being who you are now.

Are you like anyone else in your family?
Maybe you look like a parent, grandparent or sibling or perhaps you share some personality traits with someone you are related to?

