

Upper Key Stage Two

Summer 1st Half Term

PSHE

Health & Wellbeing- Growing Up

Topic Overview

This topic builds on children's knowledge of how we grow and change, both physically and emotionally, and the types of relationships that people have. Children will learn about sexual relationships and sexually transmitted diseases. They will also learn about positive body images and stereotypes.

Home Learning

Growing Up and Changing:

Children think about the changes that boys and girls will go through during puberty and record these.

Amazing Me:

Children create a profile of themselves, detailing such things as how they see themselves, what they like about themselves, how others see them and what they are proud of.

Wider Learning

The school could hold a themed day where all children are invited to celebrate their individuality, their likes, their talents and the diversity within the school. Visitors could be invited in too, to promote positive body image.

Assessment

All children should be able to...

- name physical changes young people will experience during puberty.
- describe emotional changes young people might experience during puberty.
- appreciate that there is no such thing as a perfect body.
- list things that all loving relationships have in common.
- explain what a sexual relationship is.
- understand that some infections can be passed on during sexual intercourse, but that contraception can prevent this.
- explain how babies are conceived and how they are born.
- identify someone they could talk to about their changing body, should they need to



Lesson Breakdown

Changing Bodies

H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing)
H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
H34. about where to get more information, help and advice about growing and changing, especially about puberty
R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact

I can describe the changes that people's bodies go through during puberty and how we can look after our changing bodies

Changing Emotions

H17. to recognise that feelings can change over time and range in intensity
H18. about everyday things that affect feelings and the importance of expressing feelings
H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways
H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing)

I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings

Just the Way You Are

H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
H27. to recognise their individuality and personal qualities
H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth
L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes
L11. recognise ways in which the internet and social media can be used both positively and negatively
L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation

I recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal kind of body.

Relationships

R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)
R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different
R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong
R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others
R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart
R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability

I understand what a loving relationship is and that there are many types of relationships.

Let's Talk about Sex

H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it
H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for
R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact

I understand what a sexual relationship is and who can have a sexual relationship.

Human Reproduction

H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for

I can describe the process of human reproduction, from conception to birth.