



DOWN AMPNEY PRIMARY SCHOOL

Term 5

Unit Overview: UKS2 PSHE

Being My Best

<p><u>Key questions</u></p> <p><u>Growing Independence and Taking Responsibility</u></p> <ul style="list-style-type: none"> ❖ How does someone become more independent as they grow older? ❖ What responsibilities do teenagers have? ❖ Does having more independence mean having more responsibility? Why? <p><u>Media Awareness and Safety</u></p> <ul style="list-style-type: none"> ❖ Are media images of celebrities true? ❖ How can media images of celebrities make someone feel? ❖ What non-physical qualities make people attractive? Why? 	<p><u>Substantiative knowledge</u></p> <ul style="list-style-type: none"> ❖ Describe the four main internal systems of the human body. ❖ Understand the actual norms around smoking and the reasons for common misperceptions of these. ❖ Identify the skills and qualities that make us successful and achieve our best. ❖ Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life. ❖ Consider the different responsibilities that they and others have for their health and wellbeing. <ul style="list-style-type: none"> ❖ I can give an example of when I have had increased independence and how that has also helped me to show responsibility. ❖ I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave. 	<p><u>Vocabulary</u></p> <p>perseverance, media-influence, kindness, celebrities, independence, patience, resilience, consideration, confidence, personal qualities</p> <p><u>Phonics / polysyllabic words</u></p> <p>persever<u>ance</u> / indepen<u>dence</u></p>
<p><u>Subject skills</u></p> <ul style="list-style-type: none"> ❖ Collaboration and discussion. ❖ Preparing a point of view to present. ❖ Assertiveness and ability to put across a personal point of view as part of a discussion. 	<p><u>PSHE themes:</u></p> <p>Growing independence and taking responsibility. Media awareness and safety.</p> <p><u>British Values</u></p> <ul style="list-style-type: none"> ❖ <u>Democracy:</u> Children are encouraged to ask and answer questions about their learning, development and school environment. Supporting children to have discussions with their peers in a respectful way. ❖ <u>The rule of law:</u> Identifying right from wrong and recognising the importance of laws, including those that govern the class, the school or the country. Creating rules and expectations to follow during all lesson and in PSHE to make sure everyone experiences a safe learning environment. ❖ <u>Respect and Tolerance:</u> Promoting individual differences and respecting how people can have different feelings in the same 	<p><u>Linked texts:</u></p> <p>All are Welcome, Alexandra Penfold and Suzanne Kaufman</p> <p><u>Possible misconceptions</u></p> <ul style="list-style-type: none"> ❖ Children might think that images they see in the media and on social media are true depictions of what people are like. <p><u>Christian Values:</u></p> <p><u>Courage:</u> Children will develop the skill of recognising what is right from wrong and find the courage and conviction to make the best choices. Children will learn about different feelings and be</p>



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	<p>situation. All children listen and respect others' opinions when discussing different topics.</p> <p>❖ Mutual respect: Children learn that their behaviours and actions have an effect on their own rights and those of others.</p>	<p>able to reflect courageously on their own emotions.</p> <p>Respect: The importance of respecting everyone around us, even when their ideas or beliefs are different to ours, and having respect towards ourselves.</p>
<p>Prior learning <u>Being My Best</u> KS1 Growth Mindset Healthy eating Hygiene and health Cooperation</p> <p>LKS2 Keeping myself healthy and well Celebrating and developing my skills Developing empathy</p>	<p>Future learning UKS2 Year B <u>Being My Best</u> Aspirations and goal setting Managing risk Looking after my mental health</p>	<p>Trust: Understanding that all relationships require an element of trust. This means being able to share thoughts, feelings and emotions with those around us in a way where we would not feel judged or criticised.</p>