



**Term 6**

**Unit Overview: UKS2 PSHE**

**Growing and Changing**

<p><b><u>Key questions</u></b></p> <p><u>Managing Difficult Feelings</u></p> <ul style="list-style-type: none"> <li>❖ Why do people have good and not so good feelings?</li> <li>❖ Is resilience the same as confidence?</li> <li>❖ Can someone develop confidence or resilience? How?</li> <li>❖ Does having resilience help people with their feelings?</li> </ul> <p><u>Managing Change</u></p> <ul style="list-style-type: none"> <li>❖ What different changes can someone experience? Does change cause strong emotions?</li> <li>❖ Does preparing for change help?</li> <li>❖ How might preparing for change help someone to cope with it?</li> <li>❖ What might help someone cope with these strong emotions?</li> </ul> <p><u>Getting Help</u></p> <ul style="list-style-type: none"> <li>❖ Does the body feel differently when someone may need help?</li> <li>❖ When might someone need help?</li> <li>❖ What advice would you give to someone who needs to get help?</li> <li>❖ What makes someone a trusted adult?</li> </ul>	<p><b><u>Substantiative knowledge</u></b></p> <ul style="list-style-type: none"> <li>❖ Describe the intensity of different feelings and strategies to build resilience.</li> <li>❖ Understand the different types of feelings and emotions associated with puberty.</li> <li>❖ Recall the key strategies needed in dealing with inappropriate touch, secrets and confidentiality.</li> <li>❖ Identify the different types of products someone might use during puberty or menstruation.</li> <li>❖ Explain how people might feel at times of change and loss. To consider strategies when coping with this.</li> </ul> <ul style="list-style-type: none"> <li>❖ I can explain what resilience is and how it can be developed.</li> <li>❖ I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).</li> <li>❖ I am able to identify when I need help and can identify trusted adults in my life who can help me.</li> </ul>	<p><b><u>Vocabulary</u></b></p> <p>Respect, wellbeing, trust, hormones, mood swings, confidential, confidence, resilience, puberty, crush, embarrassed, menstruation, unwanted attention, separation, unwanted touch, period products</p> <p><b><u>Phonics / polysyllabic words</u></b></p> <p>confidence, resilience</p>
<p><b><u>Subject skills</u></b></p> <ul style="list-style-type: none"> <li>❖ Collaboration and discussion.</li> <li>❖ Preparing a point of view to present.</li> <li>❖ Assertiveness and ability to put across a personal point of view as part of a discussion.</li> </ul>	<p><b><u>PSHE themes:</u></b></p> <p>Managing difficult feelings. Getting Help. Managing change.</p> <p><b><u>British Values</u></b></p> <ul style="list-style-type: none"> <li>❖ <b><u>Democracy:</u></b> 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.</li> <li>❖ <b><u>The rule of law:</u></b> 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.</li> </ul>	<p><b><u>Linked texts:</u></b></p> <p>Celebrate Your Body, Sonya Renee Taylor The Boys Body Book, Kelli Dunham</p> <p><b><u>Possible misconceptions</u></b></p> <ul style="list-style-type: none"> <li>❖ Children might think that their changing feelings and moods are abnormal.</li> </ul> <p><b><u>Christian Values:</u></b></p> <p><b><u>Courage:</u></b> 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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	<ul style="list-style-type: none"> <li>❖ <b><u>Respect and Tolerance:</u></b> Promoting individual differences and respecting how people can have different feelings in the same situation. All children listen and respect others' opinions when discussing different topics.</li> <li>❖ <b><u>Mutual respect:</u></b> Children learn that their behaviours and actions have an effect on their own rights and those of others.</li> </ul>	<p>able to reflect courageously on their own emotions.</p> <p><b><u>Respect:</u></b> The importance of respecting everyone around us, even when their ideas or beliefs are different to ours, and having respect towards ourselves.</p>
<p><b><u>Prior learning</u></b>  <u>Growing and Changing</u>  <b><u>KS1</u></b>          Getting help          Becoming independent          My body parts          Taking care of self and others</p> <p><b><u>LKS2</u></b>          Relationships          Changing bodies and puberty          Keeping safe          Safe and unsafe secrets</p>	<p><b><u>Future learning UKS2 Year B</u></b>  <u>Growing and changing</u>          Coping with changes          Keeping safe          Body Image          Sex education          Self-esteem</p>	<p><b><u>Trust:</u></b> 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>