



## DOWN AMPNEY PRIMARY SCHOOL

### Term 6

#### Unit Overview: UKS2 PSHE

#### Growing and Changing

<p><b><u>Key questions</u></b></p> <p><b><u>Keeping Safe</u></b></p> <ul style="list-style-type: none"> <li>❖ What secrets can be kept private?</li> <li>❖ Why?</li> <li>❖ Are there secrets that should be shared? Why?</li> <li>❖ Who should some secrets be shared with?</li> </ul> <p><b><u>Body Image</u></b></p> <ul style="list-style-type: none"> <li>❖ What physical changes happen during puberty?</li> <li>❖ How might someone feel when their body changes?</li> <li>❖ Do emotional changes happen during puberty? Why?</li> <li>❖ How can a person feel better about their body changing?</li> </ul> <p><b><u>Self-Esteem</u></b></p> <ul style="list-style-type: none"> <li>❖ What can affect the way someone feels about themselves?</li> <li>❖ What can someone do or say to feel good about themselves?</li> <li>❖ Do words affect someone as much as actions? How?</li> </ul> <p><b><u>Skills</u></b></p> <ul style="list-style-type: none"> <li>❖ Name some of the feelings and emotions people have during change.</li> <li>❖ Give examples of how someone could cope with or get support during puberty.</li> <li>❖ Identify ways the media can create stereotypes and how this can affect how someone can feel about their own body image.</li> <li>❖ Explain how to stay safe when sharing images and information online.</li> <li>❖ Offer advice and name people to help keep someone safe. I can identify if a secret is unsafe.</li> </ul>	<p><b><u>Substantiative knowledge</u></b></p> <ul style="list-style-type: none"> <li>❖ Identify types of emotional responses and some strategies for coping with change.</li> <li>❖ Identify the physical and emotional challenges faced during puberty and the strategies or support available for this.</li> <li>❖ Understand that social media and fame don't always reflect true appearance. To give positive feedback that is based on a person's qualities.</li> <li>❖ Identify the risks of sharing images online and understand how online influences can cause people to take unsafe risks.</li> <li>❖ Identify places or people of support and understand that sometimes confidentiality must be broken to keep a person safe.</li> </ul>	<p><b><u>Vocabulary</u></b></p> <p>media manipulation, puberty, discuss, confidential, online safety, self-esteem, right to privacy, stereotype, peer pressure, uncomfortable, physical changes, body image, emotional changes, confidence <i>sexual intercourse (Y6 only)</i></p> <p><b><u>Phonics / polysyllabic words</u></b> manipulation</p> <p><b><u>Linked texts:</u></b> Ruby's Worry: Tom Percival</p> <p>My body's changing : a girl's / boy's guide to growing up: Ganeri, Anita,</p> <p>An Emotional Menagerie: The School of Life</p> <p>Why Do I Feel Like This?: Shinsuke Yoshitake</p> <p><b><u>Possible misconceptions</u></b> Children may think that:</p> <ul style="list-style-type: none"> <li>❖ Their emotional changes are permanent.</li> <li>❖ No-one else is feeling this way.</li> </ul>
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<p><b>British Values</b></p> <ul style="list-style-type: none"> <li>❖ <b>Democracy:</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>The rule of law:</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> <li>❖ <b>Respect and Tolerance:</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>Mutual respect:</b> Children learn that their behaviours and actions have an effect on their own rights and those of others</li> </ul>	<p><b>Christian Values:</b></p> <p><b>Courage:</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 able to reflect courageously on their own emotions.</p> <p><b>Respect:</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>Trust:</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> <p><b>PSHE themes:</b></p> <ul style="list-style-type: none"> <li>❖ Self-esteem</li> <li>❖ Body image</li> <li>❖ Growth Mindset</li> </ul>	<p><b>Prior learning: Growing and Changing</b></p> <p><u>KS1</u></p> <p>Yr A: Getting help Becoming independent My body parts Taking care of self and others Yr B: Life cycles Dealing with loss Being supportive Growing and changing Privacy</p> <p><u>LKS2</u></p> <p>Yr A: Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets Yr B: Body changes during puberty Managing difficult feelings Relationships including marriage</p> <p><u>UKS2</u></p> <p>Yr A: Managing difficult feelings Managing change How my feelings help keeping safe Getting help Yr B: Coping with changes Keeping safe Body Image Sex education Self-esteem</p>
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