

What I need to know: Y5 PSHE – Growing and changing

We nurture the curiosity to learn, the courage to lead and the compassion to care.

Name:

Class:

This half term we are learning about changes that happen to our minds and body as we grow

What I will know...	✓	Start	End
The difference between good and not so good feelings and how to describe them		<input type="radio"/>	<input type="radio"/>
Which people I can trust to talk to		<input type="radio"/>	<input type="radio"/>
What kinds of touch are acceptable or unacceptable		<input type="radio"/>	<input type="radio"/>
How to deal with situations where I feel uncomfortable in relation to touch		<input type="radio"/>	<input type="radio"/>
The difference between a safe and an unsafe secret		<input type="radio"/>	<input type="radio"/>
When I might need to break a confidence in order to keep someone safe		<input type="radio"/>	<input type="radio"/>
Which products I may need to use during puberty and why			
What menstruation is and why it happens			
The correct words for the external sexual organs			
Some of the myths associated with puberty			
How my body feels when when I'm relaxed, nervous or sad			
How to be resilient and find somebody who may be able to listen to me			

Skills I may use...	
Remember: name, identify, describe	Analyse: investigate, infer, select, clarify
Understand: predict, recall, interpret	Create: plan, design, construct
Apply: use, show, relate, demonstrate	Evaluate: compare, assess, judge

Vocabulary I need to know...		
1. I have heard the word, but I don't know what it means	2. I understand what the word means	3. I can explain what the word means and give other examples

Opportunities to support English and maths
<ul style="list-style-type: none"> Skim and scan texts to retrieve information or quotes quickly and accurately Summarise main ideas from more than one paragraph Make and justify inferences with appropriate evidence from the text Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities
<ul style="list-style-type: none"> Visit / visitor

Respect

Responsibility

Reflection

Resilience

