

**Overview Year 5 Personal, Social, Health, Sex and Relationships**

Weekly Celebration	Pieces & Vocabulary	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. <b>My Self Image</b> <ul style="list-style-type: none"> <li>● <i>Self-image</i></li> <li>● <i>Self-esteem</i></li> <li>● <i>Real self</i></li> <li>● <i>Celebrity</i></li> </ul>	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. <b>Puberty</b> <ul style="list-style-type: none"> <li>● <i>Opportunities</i></li> <li>● <i>Freedoms</i></li> <li>● <i>Responsibilities</i></li> <li>● <i>Puberty vocabulary as represented on the flash cards</i></li> </ul>	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in themselves	3. <b>Babies: Conception to Birth</b> <ul style="list-style-type: none"> <li>● <i>Pregnancy</i></li> <li>● <i>Embryo</i></li> <li>● <i>Foetus</i></li> <li>● <i>Placenta</i></li> <li>● <i>Umbilical cord</i></li> <li>● <i>Labour</i></li> <li>● <i>Contractions</i></li> <li>● <i>Cervix</i></li> <li>● <i>Midwife</i></li> </ul>	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
Understand and respect the changes that they see in other people	4. <b>Boyfriends and Girlfriends</b> <ul style="list-style-type: none"> <li>● <i>Attraction</i></li> <li>● <i>Relationship</i></li> <li>● <i>Pressure</i></li> <li>● <i>Love</i></li> </ul>	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to

	<ul style="list-style-type: none"> <li>• <i>Sexting</i></li> <li>• <i>Consent</i></li> </ul>		
(As above)	<b>4a. Adolescent Friendships</b> <ul style="list-style-type: none"> <li>• <i>Independence</i></li> <li>• <i>Identity</i></li> <li>• <i>Values</i></li> <li>• <i>Relationships</i></li> <li>• <i>Pressure</i></li> <li>• <i>Adolescent</i></li> </ul>	I know myself well enough to maintain positive relationships with others whilst still keeping my own identity	I can be assertive when appropriate
<b>Know who to ask for help if they are worried about change</b>	<b>5. Real self and ideal self</b> <ul style="list-style-type: none"> <li>• <i>Self-esteem</i></li> <li>• <i>Negative body-talk</i></li> <li>• <i>Choice</i></li> <li>• <i>Feelings/emotions</i></li> <li>• <i>Challenge</i></li> <li>• <i>Mental health</i></li> </ul>	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
<b>Are looking forward to change</b>	<b>6. The Year Ahead</b> <ul style="list-style-type: none"> <li>• <i>Transition</i></li> <li>• <i>Secondary</i></li> <li>• <i>Looking forward</i></li> <li>• <i>Journey</i></li> <li>• <i>Worries</i></li> <li>• <i>Anxiety</i></li> <li>• <i>Hopes</i></li> <li>• <i>Excitement</i></li> </ul>	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know how to prepare myself emotionally for the changes next year.