

PSHE and RSE Lessons, Class 4 (mixed Y5 and Y6) Cycle A.

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Topic	Lesson	Lesson Objective	Success Criteria	Vocabulary
Introduction	Setting rules and sign posting	To recap children’ learning in PSHE education from Years 4 and 5 and how we can help everyone to learn effectively in these lessons.	<p>I can explain some things I learned in PSHE in Years 4 or 5.</p> <p><b>Year 5</b> I can explain rules which can help everyone feel safe in PSHE lessons.</p> <p><b>Year 6</b> I can explain some positive things about PSHE in the school. I can make suggestions to make PSHE even better.</p>	<p>PSHE Safe Learn Rule Unsafe Unhappy Suggestion</p>
Families and Relationships	Build a friend – what makes a good friend	To understand how to form and maintain positive relationships	<p>I understand what makes a good friend I know why friends are important I can set myself a friendship-themed goal</p>	<p>Friend Friendship Skills Good friend</p>
	Respect	<p>To understand what we mean by respect and why it is important (Year 5) To understand that respect is two-way and how</p>	<p><b>Year 5</b> I understand that everyone deserves a basic level of respect I can explain how I can earn respect from my peers and from adults I can explain when respect might be lost</p> <p><b>Year 6</b></p>	<p>Respect Earn Lose Courtesy Disrespect Consent Personal boundaries</p>

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		we treat others is how we can expect to be treated (Year 6)	I understand respect is an important part of relationships I can explain how I would want to be respected I understand that I should treat others how I expect to be treated myself	
	Respecting Myself	To begin to understand self-respect	I can identify positive attributes in my peers I can identify positive attributes that make me who I am I understand that having respect for myself will help me make good choices.	Attributes Proud Skill Self-respect
	Marriage	To understand the concept of marriage.	I understand that marriage is a legal commitment. I understand that marriage is an individual choice. I can explain why people might decide to get married.	Wedding Marriage Choice Religion Legal Lifelong
	Bullying	To understand more about bullying and how to get help	I understand what might lead to someone bullying others I can explain how someone who is being bullied might feel I know who I can talk to if I am worried about bullying	Bullying Bystander Cyberbullying Victim Unkind Report

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	<p><b>Stereotyping</b></p>	<p>To recognise how attitudes to gender have changed over time (Year 5).</p> <p>To explore the impact of stereotypes and how they can lead to discrimination (Year 6).</p>	<p><b>Year 5</b> I understand that attitudes and laws relating to gender have changed over time. I can explain why gender equality is important.</p> <p><b>Year 6</b> I can explain how we make assumptions about people based on how they look. I understand that stereotypes around race and religion can be harmful. I can explain how stereotypes can affect the way people are treated and can lead to discrimination.</p>	<p>Gender Stereotype Equality Change Race Religion Racism Discrimination Protected characteristic</p>
	<p><b>Challenging Stereotypes</b></p>	<p>To explore other people’s attitudes and ideas and to begin to challenge these (Y5).</p> <p>To understand stereotypes and be able to share</p>	<p>Year 5 I understand that stereotypes can influence us without us really realising it. I can explore my opinions on a subject. I can listen to and respect other people’s opinions. I can explain how people my age can make changes happen.</p> <p>Year 6</p>	<p>Stereotype Message Challenge Change Gender</p>

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		information on them (Y6).	I understand a range of stereotypes. I can identify key information on a topic. I can effectively share information on a topic.	
Health and Wellbeing	Relaxation (yoga)	To use yoga poses and breathing to relax	I can describe what has caused me stress or worry I can describe why it is important to relax I can perform yoga stretches I can describe how these stretches make me feel	Yoga Relaxation Meditation Thoughts
	The importance of rest	To understand and communicate the benefits of sleep	I can describe why sleep is beneficial I understand what affects sleep I understand that I can take responsibility for my own sleep	Quantity Sleep Rest Relax Quality
	Embracing Failure	To understand the purpose of failure	I can describe how failing makes me feel I know strategies to help manage feelings of failure I understand why failure is helpful I know that it is important to learn from failure	Fail Failure Succeed Try Overcome Experience

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	Going for goals	Learn how to set short-term, medium-term, and long-term goals	I can identify what I want to learn or be better at I can say what I need to do to get better I can estimate how much time goals will take to achieve	Goal Achieve Plan Steps
	Taking responsibility for my feelings	To take responsibility for their own feelings and actions and to use vocabulary to describe these	I can describe a range of feelings I understand that my actions affect other people I can use different strategies to manage my feelings	Destiny Choice Feeling Emotion Assertive
	Healthy Meals	To use our knowledge of food groups to plan healthy meals	I can describe what contributes to a healthy diet I can plan a healthy meal, following the NHS recommended daily intake allowance	Calories Healthy diet Food groups Recommended daily intake (RDI) Serving Portion Obesity
	Sun safety	To understand risks associated with the sun and	I understand the risks of exposure to the sun I can explain how I can keep myself safe in the sun	Responsibility Risk Weather UV rays

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		how these can be avoided	I can suggest one way that I can take responsibility for my own sun safety	Sunburn Skin cancer Slip, Slop, Slap
Safety and the Changing body	Online Friendships	To begin to understand some issues related to online friendships including the impact of their actions.	I understand the difference between a friend, an acquaintance and someone I meet online. I can explain the steps I should take before sending a message online. I can explain what is safe to share online and what I might need to think about and not share.	online friend acquaintance trust consent share

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	Staying safe online	To learn about staying safe online.	I can identify possible dangers online. I can suggest ways to stay safe online. I can use the web to find information about staying safe online.	appropriate sharing risk danger private consent
	First Aid (choking)	To understand how to help someone who is choking.	I recognise when someone is choking. I can explain how to administer first aid to a casualty who is choking (including back blows and tummy thrusts). I know how to seek medical help if required for a choking casualty.	airway inhale breathing obstruction trachea windpipe epiglottis stomach back blows abdomen ribcage exhale lungs oesophagus
	Alcohol	To begin to understand the risks of alcohol.	I understand the risks of drinking alcohol. I can explain why some adults drink alcohol.	excessive alcohol choice risk

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			I can explain why some adults choose not to drink alcohol.	short term long term responsible
	Drugs, alcohol, and Tobacco	To begin to understand the influence others have on us and how we can make our own decisions.	I can explain some things I can make my own decisions about. I understand that other people might try to influence my decisions and choices. I know some strategies I can use to overcome pressure from others.	influence choice for against decision pressure peer pressure peer acceptance
	Puberty (Year 5 only)	To understand physical changes during puberty.	I understand how the body changes as a child becomes an adult. I can accurately label sexual external parts of the body. I can accurately label internal reproductive organs.	puberty change cervix ovary fallopian tube uterus vagina vulva clitoris urethra opening vaginal opening labia



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				penis bladder testicle sperm duct scrotum breasts nipples menstruation
	Physical and emotional changes <i>(Year 6 only)</i>	To understand the changes that happen during puberty.	I understand changes that happen during puberty for boys, girls, and both. I can name the parts of the body. I can use my knowledge to answer other people’s problems.	puberty change cervix ovary fallopian tube uterus vagina vulva clitoris vaginal opening labia penis bladder testicle scrotum sperm duct breasts

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				nipples
	Menstruation <i>(Year 5 only)</i>	To understand the menstrual cycle.	I understand the process of the menstrual cycle. I can explain some changes I will go through during puberty. I know who I can go to for help if I need to.	menstruation/period egg ova ovaries fallopian tube uterus womb bleeding lining sanitary products towels tampons reusable products (period pants, cups) voice breaking erections wet dreams ejaculation
	Conception <i>(Year 6 only. Only after all previous units covered and at</i>	To understand the biology of conception.	I understand the menstrual cycle. I understand how a baby is conceived.	sperm egg erection fertilises conception sexual intercourse relationship

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	<i>teacher's discretion)</i>			
	Emotional Changes in Puberty <i>(Year 5 only)</i>	To understand emotional changes during puberty	I understand that puberty may change my feelings as well as my body. I understand that everyone is different, and these differences are normal. I know who I can talk to if I am worried about anything.	attraction puberty change feelings
	Pregnancy and Birth	To understand the development of the baby during pregnancy.	I understand how a baby develops in the womb during pregnancy. I can identify some of the things a baby need.	sperm egg erection fertilise conception sexual intercourse relationship pregnancy development commitment baby love care
Citizenship	Breaking the Law	To begin to understand what happens when	I understand what happens when someone breaks the law. I can explain the process of a trial.	rule consequence law magistrates' court

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		the law is broken.		Crown Court police trial fair judge jury
	Prejudice and discrimination	To recognise prejudice and discrimination and learn how these can be challenged.	I can describe what prejudice and discrimination are and why they are wrong. I can explain how I might challenge prejudice and discrimination.	prejudice discrimination segregation tackling overcoming homosexual/ gay
	Protecting the planet	To understand how reducing our use of materials and energy will help the environment.	I understand how reducing the use of materials and energy helps the environment. I can explain some of the things individuals can do to reduce use of materials and energy. I can explain some of the things government and business can do to reduce the use of materials and energy. I know how individuals can influence government and business.	reduce environment energy materials government company businesses

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	Contributing to the community	To understand how we recognise and value the contribution people make to the community	I can describe how contributions to the community are recognised and valued. I can explain how some individuals have contributed to society.	contribution community society recognition media
	Rights and responsibilities	To explore the links between rights and responsibilities (Y5). To understand human rights, including the right to education (Y6).	<b>Year 5</b> I understand that rights apply to everyone. I understand that there are responsibilities as well as rights. I can explain what freedom of expression means and what limitations there are.  <b>Year 6</b> I understand human rights are there to protect everyone. I can explain why education is important and is included as a human right. I understand why individuals campaign for causes they believe in.	freedom of expression right responsibility
	Parliament and national democracy	To begin to understand how Parliament works.	I understand how Parliament works. I can explain what the parts of Parliament are.	Parliament Monarch Government

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			I can identify some qualities needed to be an MP.	House of Commons House of Lords Prime Minister Opposition Speaker
Economic Wellbeing	Borrowing	To understand that a loan can be a way to pay for things, but that it needs to be repaid	<p>I can explain why someone might borrow money</p> <p>I can describe some of the different ways to borrow money</p> <p>I can explain what interest on a loan means</p> <p>I can explain why people make different decisions about money</p>	Lend Borrow Interest Repayment
	Income and expenditure	To understand income and expenditure and how to track money	<p>I understand what income and expenditure are</p> <p>I can track income and expenditure</p> <p>I understand that there are choices to be made on how to earn money</p> <p>I can explain why people might make different choices about money</p>	Income Expenditure Earn Save Spend

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	Prioritising spending	To understand how to put together a weekly budget	<p>I understand that having a budget helps people know how much they can spend and prioritise spending</p> <p>I can devise a budget</p> <p>I understand that income might change and how families might deal with this</p> <p>I understand some of the feelings associated with money</p>	<p>Want</p> <p>Need</p> <p>Income</p> <p>Budget</p> <p>Expenses</p> <p>Expenditure</p>
	Risks with money	To understand some risks associated with money	<p>I understand some ways money can be lost</p> <p>I can explain how risky certain spending is</p> <p>I can explain why people might take risks with money</p>	<p>Lose</p> <p>Stolen</p> <p>Risk</p> <p>Chance</p>
	Careers	<p>To understand the range of jobs people might do (Y5)</p> <p>To understand the different routes available into careers (Y6)</p>	<p><b>Year 5</b></p> <p>I can explain what I have already learnt about jobs and careers</p> <p>I understand that there are a range of jobs available</p>	<p>Job</p> <p>Job seeker</p> <p>Career</p>

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			<p>I can explain some key things about specific jobs</p> <p><b>Year 6</b></p> <p>I understand that there are different ways into careers</p> <p>I can explain the options available for a job I want to do</p> <p>I understand that people can change career</p> <p>I can explain some reasons why people might change their career</p>	
Y6 Only – Identity	What is identity?	To understand what factors, contribute to identity	<p>I understand that a range of things make up identity</p> <p>I can explain some factors which make up my identity</p> <p>I know that other people might see me differently to how I see myself</p> <p>I can explain how I might challenge how other people see me</p>	Identity respect assertive



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	Identity and body image	To understand that the media manipulates images	<p>I understand that images can be manipulated and are not realistic</p> <p>I can explain why seeing these images all the time might be harmful</p> <p>I can explain what I can do about these images</p>	Manipulation Media Images Change
Transition	Roles and responsibilities	<p>To understand the skills needed to take on responsibilities in school (Y5)</p> <p>To understand that a big change can bring both opportunities and worries (Y6)</p>	<p><b>Year 5</b></p> <p>I understand the skills needed to take on roles in school</p> <p>I can explain the skills I have and those I need to develop</p> <p><b>Year 6</b></p> <p>I understand that change can bring opportunity but also worry</p> <p>I can explain some ways I can deal with change</p> <p>I can explain some strategies I can use if I feel stressed or anxious</p>	Skill Responsibility Role achievement