

Curriculum 2022-24

Subject: **PSHE/RSHE**

Theme: Changing Me

Year Group	Knowledge	Social & Emotional Skills	Outcome
Y3/4 A (2023-24) (Jigsaw 8-9)	<ul style="list-style-type: none"> • Know that change is a normal part of life and that some cannot be controlled and have to be accepted • Know that change can bring about a range of different emotions 	<p>I can explain how to deal with changes in a positive way</p> <p>I can discuss the impact of certain changes and some of our feelings about these</p> <p>I can explain ways to demonstrate empathy</p> <p>I can identify and describe ways to support others who are feeling sad</p> <p>I can identify positive things on our lives</p> <p>I can discuss things we can do to make ourselves feel better if we are not feeling okay</p> <p>I can suggest ways we prepare for transitions</p> <p>I can identify changes they are looking forward to in the next year</p> <p>I can suggest ways to help them manage feelings during changes they are more anxious about</p>	<p>Children in Year 3 will create a transition booklet for children who will joining the class in September</p> <p>All will 'pack' a transition suitcase for their new class/year group</p>
	<p>Year 4</p> <p>Know how our bodies change physically during puberty</p> <p>Know what periods are and why females have them</p> <p>Know importance of bodily hygiene as we get older</p> <p>Know ways to keep ourselves clean as we get older</p>	<p>Year 4</p> <p>I can identify the changes in my body since Nursery/Reception</p> <p>I can discuss the physical changes that happen that happen during puberty</p> <p>I can distinguish between the changes that happen to girls and boys</p> <p>I can discuss menstrual wellbeing</p> <p>I can identify ways I can keep myself clean as I get older</p>	

	<p>Know about the products we need to be hygienic and how to maintain a regular cleaning routine</p>	<p>I can express how they feel about puberty I can say who they can talk to about puberty if they have any worries</p>	
<p>Y3/4 B (2022-23) (Jigsaw 7-8)</p>	<ul style="list-style-type: none"> • Know that change is a normal part of life and that some cannot be controlled and have to be accepted • Know that change can bring about a range of different emotions <p>Year 4 Know how our bodies change physically during puberty Know what periods are and why females have them Know importance of bodily hygiene as we get older Know ways to keep ourselves clean as we get older Know about the products we need to be hygienic and how to maintain a regular cleaning routine</p>	<p>I can suggest ways we prepare for transitions I can identify changes they are looking forward to in the next year I can suggest ways to help them manage feelings during changes they are more anxious about</p> <p>Year 4 I can identify the changes in my body since Nursery/Reception I can discuss the physical changes that happen that happen during puberty I can distinguish between the changes that happen to girls and boys I can discuss menstrual wellbeing I can identify ways I can keep myself clean as I get older I can express how they feel about puberty I can say who they can talk to about puberty if they have any worries</p>	<p>Children in Year 3 will create a transition booklet for children who will joining the class in September</p>

<p>Y5/6 A (2023-24) (Jigsaw 9-10)</p>	<ul style="list-style-type: none"> • Know what perception means and that perceptions can be right or wrong • Know that becoming a teenager involves various changes and also brings growing responsibility • Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally <p>Year 6</p> <ul style="list-style-type: none"> • Know that sexual intercourse can lead to conception and that is how babies are usually made • Know the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to. • Know that some people need help to conceive and might use IVF <p>Know how a baby is made from conception to birth</p> <ul style="list-style-type: none"> • Know how a baby develops from conception through the nine months of pregnancy and how it is born • Know why deciding to start a family is such a big and important decision 	<p>I can celebrate what I like about my own and others' self- image and body-image</p> <p>I can suggest ways to boost self-esteem of self and others</p> <p>I can express how they feel about becoming a teenager</p> <p>I can recognise that puberty is a natural process that happens to everybody and that it will be OK for them</p> <p>I can ask questions about puberty to seek clarification</p> <p>I can explain how girls' and boys' bodies change during puberty and understand how to look after myself physically and emotionally</p> <p>I can say who they can talk to if concerned about puberty or becoming a teenager/adult</p> <p>Year 6</p> <p>I can discuss relationships</p> <p>I can say what consent means</p> <p>I can recognise how I feel when I reflect on conception, the development and birth of a baby</p> <p>I can express how I feel about having children when they are an adult</p>	<p>Children create spinning tops of future changes, which encourages them to think about what the change will look like, how it may make them feel and how they can prepare for this.</p>
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<p>Y5/6 B (2022-23) (Jigsaw 10-11)</p>	<ul style="list-style-type: none"> • Know the importance of self-esteem and what they can do to develop it • Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally <p>Year 6</p> <ul style="list-style-type: none"> • Know that sexual intercourse can lead to conception and that is how babies are usually made • Know the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to. • Know that some people need help to conceive and might use IVF • Know how a baby is made from conception to birth • Know how a baby develops from conception through the nine months of pregnancy and how it is born • Know why deciding to start a family is such a big and important decision 	<p>I am aware of my own self-image and how my body image fits with that</p> <p>I can recognise ways I can develop my own self-esteem</p> <p>I can recognise that puberty is a natural process that happens to everybody and that it will be OK for them</p> <p>I can ask questions about puberty to seek clarification</p> <p>I can explain how girls' and boys' bodies change during puberty and understand how to look after myself physically and emotionally</p> <p>I can say who they can talk to if concerned about puberty or becoming a teenager/adult</p> <p>Year 6</p> <p>I can discuss relationships</p> <p>I can say what consent means</p> <p>I can recognise how I feel when I reflect on conception, the development and birth of a baby</p> <p>I can express how I feel about having children when they are an adult</p>	
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