

How do we become more independent as we grow?	PSHCE	Years 5 & 6, Terms 5 & 6	Year B
Key vocabulary: love, relationships, family, friendships, self-love, care, commitment, committed, family life, living together, living apart, positive, caring, family structure, single parents, same-sex parents, step-parents, blended families, foster parents, security, stability, time together, support, advice, help, parents, grandparents, offspring, siblings, gay, lesbian, bisexual, gender, identity, biological sex, asexual, transition, routines, challenge, changes, relationships, support			
Knowledge and skills: The features of a positive family life. How to show loving actions to people. How to access support if a relationship makes me feel unhappy or unsafe. That there are different types of families. The appropriate vocabulary to describe different types of relationships. What cohabitation and civil partnerships are and the difference between them and marriage. What forced marriage is and that it is illegal. That they will have different opportunities and responsibilities as they grow older. What changes secondary school will bring. How to seek support for growing and changing. Assessment statements from PHSCE association: I can identify external genitalia and internal reproductive organs, and describe how and why bodies change as we grow, including during puberty, and suggest strategies to manage these. (KS2.7) I can explain how babies are conceived and born as part of the human life cycle. (KS2.8) I can describe ways to prepare for and manage transitions positively between important stages in life or school. (KS2.9) I can describe different types of relationship, including loving and intimate relationships, and explain that people can experience emotional, romantic and sexual attraction with people of different or the same sex. (KS2.19) I can recognise the importance of getting help if I feel lonely or excluded, and can describe how to help others to feel included. (KS2.20)		Possible activities: Children will identify people they love and think about how they can show love to others. Children will think about how they treat themselves and know that self-love is important. Children will identify and use the correct terminology for different types of families. Children will look at the differences between civil partnerships and marriage. Children will identify what changes will occur as they grow older and what responsibilities this will bring. Children will identify what worries they have about transition to secondary school and how to manage these.	
Spiritual, Moral, Social and Cultural Education, and Promotion of British Values: Spiritual: Children will be able to reflect on people they love in different ways; they will know the importance of self-love. Moral: Children will understand the importance of taking care of their own physical and mental health and understand that we have a responsibility to take care of others who may be struggling with these. Social: Children will know where to seek help if a relationship is not healthy. Cultural: Children will be able to recognise and value the things we share in common across cultural, religious, ethnic and socio-economic communities and know that there will be times when we need to support others and that there will be times when they will need support. Equalities: Children will learn about different types of relationships and be familiar with vocabulary to describe different choices.			