

Subject: PSHE

Year group: 5

Term: Summer

Unit name: Growing and changing. Personal identity, recognising individuality, different qualities and mental wellbeing.

Notes: A letter should be sent out to parents signposting their right to withdraw from the sentence in red (see PSHE policy). This concept is just mentioned as a statement and does not need additional exploration.

Hope

I say this because I know what I have planned for you," says the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future.

Jeremiah 29:11

Main concepts:

- To begin to understand personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes
- **To know that for some people their gender identity does not correspond with their biological sex**
- To know how to recognise, respect and express their individuality and personal qualities
- To know ways to boost their mood and improve emotional wellbeing
- To understand the link between participating in interests, hobbies and community groups and mental wellbeing

Possible outcomes– drama, leaflet, freeze frame, photo, poster

Prior knowledge. Children should already...

Know about the physical and emotional changes that occur during puberty.

The names of the external genitalia.

The importance of personal hygiene routines.

Where the children can access support with puberty .

How the children are to be taught this.

PSHE should be delivered in mixed sex groups.

Use teacher judgment to decide whether this should be blocked to a day or taught over smaller sessions, dependent upon the cohort.

Please use teacher judgement to decide which parts of this unit can be taught by adults other than the class teacher.

Key vocabulary

Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Gender, Identity, Race, Sex, Family, Faith, Culture, Cultural, Hobby, Biology, Biological,