

Health and Wellbeing - Growing Up

PSHE and Citizenship | UKS2 | Planning Overview

About the Topic

This topic builds on children's knowledge of how we grow and change, both physically and emotionally, and the types of relationships that people have. Children will learn about sexual relationships and sexually transmitted diseases. They will also learn about positive body images and stereotypes.



Home Learning

Growing Up and Changing: Children think about the changes that boys and girls will go through during puberty and record these.

Amazing Me: Children create a profile of themselves, detailing such things as how they see themselves, what they like about themselves, how others see them and what they are proud of.



Wider Learning:

The school could hold a themed day where all children are invited to celebrate their individuality, their likes, their talents and the diversity within the school. Visitors could be invited in too, to promote positive body image.

Assessment Statements

All children should be able to...

- name physical changes young people will experience during puberty.
- describe emotional changes young people might experience during puberty.
- appreciate that there is no such thing as a perfect body.
- list things that all loving relationships have in common.
- explain what a sexual relationship is.
- understand that some infections can be passed on during sexual intercourse, but that contraception can prevent this.
- explain how babies are conceived and how they are born.
- identify someone they could talk to about their changing body, should they need to.

Most children should be able to...

- explain how to look after their bodies during puberty.
- name some ways to cope with new or difficult emotions.
- describe some of the ways in which the media fuels the notion of a perfect body.
- describe the different types of loving relationships that exist.
- explain the laws around sexual relationships.
- explain what contraception is, how it is used and what it is used for.
- use a range of key vocabulary when discussing differences in sex, gender identity and sexual orientation.
- use scientific vocabulary to accurately explain how babies are made and how they are born.
- describe the process from conception to birth and the needs of the foetus.

Some children should be able to...

- explain why young people experience physical and emotional changes during puberty.
- tailor advice to others in specific situations, regarding how to manage changing emotions.
- challenge society's perceptions of a perfect body.
- discuss the way different types of relationships are viewed in society.
- consider how some couples in loving relationships have children in ways other than male-female reproduction through sexual intercourse.
- ask mature questions about puberty and the changes people experience.
- consider the sensitive nature of this topic, why it can be difficult to discuss and what could be done to improve this.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).