

**Upper KS2
PSHE Education
Learning Journey**

Students will start Key Stage 3 with:

- Knowledge of the fundamental building blocks and characteristics of positive and healthy relationships, including online relationships.
- An understanding of sexual intercourse, pregnancy, and of the importance of consent.
- An understanding of the physical and emotional changes which occur during puberty.
- Knowledge of the dangers of drugs, alcohol and smoking to good health.
- An awareness of positive mental wellbeing, and how to seek support if they need help.
- An understanding of how to stay safe in a range of contexts, including online.
- An understanding of the structures of modern Britain, including the rule of law.
- A rich experience of environmentally focused Youth Social Action.

**How can we help towards sustainable development goals in our own lives – at school and at home?
How can we encourage and inspire others to do the same?**

YSA: Global sustainable Development Goals

Anti-social behaviour, and the role of the police and the Law

What are children's rights and how are they balanced with responsibilities?

What positive environmental changes are happening across the world?

What are the global consequences of our personal choices?

What are global sustainable development goals?

How are humans damaging land, air and water?

Should the punishment fit the crime?

What is a community and what does it mean to be part of one?

Controversial issues: Where do you stand?

What keeps me safe?

What is 'consent' and how does it relate to our lives?

What is sexual intercourse? *

Why do we need secure, memorable passwords online?

What personal information should I share online?

What is the difference between love and friendship?

Relationships and Sex Education

E-Safety and Social Media

How can I be in control online?

What is sexual attraction?

What happens during pregnancy?

Progress and the Internet – Is it all bad?

How can we show friendship in the real and virtual worlds?

How does alcohol affect the body and the brain?



What are the dangers of smoking?



What are the dangers of illegal drugs?



What is a drug?

For 2020/2021, Year 6 pupils will also follow the Emotional & Mental Health, Loss & Bereavement module

Drugs and Alcohol Education

YEAR 6

Enrichment and careers related learning opportunities in UKS2:

The OAT Advantage:

- Taste food from other countries
- Be aware of internet safety
- Raise money for charity or take part in a fundraising event
- Know your legal rights and responsibilities
- Know why and how to stand up for others (prevent bullying)
- Know how to recycle at home and school
- Help someone in your community
- #iwill social action opportunity
- Participate in a debate

CRL encounters from:

- Employees in mental health-based industries: psychologists, therapists, mental health nurses
- Employees in media-based industries, such as print media, (journalists) social media (web-designers, marketing and communications)
- People working within the environmental sector; Environmental Advisor, Environmental Public Health Scientist, Sustainability Consultant, Alternative Energy Providers
- Employees in the Law, such as the police, solicitors, barristers, judges

What is alcohol?



Why do people take drugs?

How can we work out which websites are reliable, and which aren't?

Which drugs are legal and which are illegal?

Can we believe everything we see online?

Rise Above: Transition to Secondary school

How can we promote 'reduce, recycle, reuse' within our school community?

What is fake news?

Fake news

YSA: Life in plastic

What does 'zero-waste' mean?

What is clickbait?

Is an online friend the same as a real friend?

How does online advertising work?

How can we deal with our emotions and behaviour when we fall out with friends?

Why do we use plastic?

How does plastic affect our planet?

How can we make positive changes to reduce the amount of single-use plastic we use?

Changes in friendships

Puberty

How do our emotions change during puberty?

How do you know who to trust?

What can you do if you think someone is being bullied?

What does friendship look like?

What are the functions of genitalia?

What is puberty?

How do we feel when we lose someone we love?



Why do people have a funeral?



What is divorce and why does it happen?



What can my body do for me?

Are all images we see real?



Do looks really matter?

Bereavement and loss

Body image

How do we feel when we lose something?



How do different cultures celebrate the lives of their loved ones when they die?



What does the 'perfect body' look like?

Does it matter if images that have been significantly altered are used in adverts, online, or otherwise published?

How do you feel when things change?

What is mindfulness?



What are emotions and how can they affect the way we act?



What has been your experience of lockdown and how are you feeling about returning to school?

What are our rules for respect in PSHE lessons?

Emotional and mental health

YEAR 5

Why is sleep important?



What is self-care and how can I use self-care to help keep a healthy mind?

Students will start Upper Key Stage 2 with:

- Understanding of how to be a good friend, including showing respect for others
- Knowledge of their rights and responsibilities, as detailed in the UNCRC, including an ability to recognise stereotyping.
- An understanding of how to stay safe, including online, and what to do in emergencies.
- Knowledge of how to live a healthy lifestyle, including a balanced diet, the importance of exercise, sleep and dental health.
- Experience of meaningful YSA; environmental, community-based and enterprise.