



Weekly Celebration	Pieces	PSHE Learning Intention	Social and Emotional Learning Intention	Vocabulary
Understand that everyone is unique and special	My self image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem	Self image, self esteem, real self, celebrity
Can express how they feel when change happens	Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty	Opportunities, freedoms, responsibilities, puberty, breasts, hormones, sanitary towels, testicles, penis, vagina
Understand and respect the changes that they see in themselves	Babies: Development	I can describe how a baby develops through the nine months of pregnancy	I can recognise how I feel when I reflect on the development of a baby	embryo, foetus, placenta, umbilical cord, midwife
Understand and respect the changes that they see in other people	Boyfriends and girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to	Attraction, relationship, pressure, love
Know who to ask for help if they are worried about change	Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'	Negative body talk, choice, health
Are looking forward to change	The year ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know how to prepare myself emotionally for the changes next year.	Transition, secondary, journey, worries, anxiety, hopes, excitement