



Curriculum Grid Oak Class Year 5 and 6 Summer Term 2024



	<p style="text-align: center;">Geography</p> <p><i>Is climate change impacting trade and the economy around the world?</i></p> <p><i>Where do our clothes come from ?</i></p> <p><i>What are Britain's main exports and imports?</i></p> <p><i>What is fair trade?</i></p>	<p><i>What's the risk? (2)</i></p> <p><i>Basic first aid, including Sepsis Awareness</i></p> <p><i>Five Ways to Wellbeing project</i></p>	
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PSHE Overview – Please note an additional letter will be sent out later in the summer term to give more detail to parent/carers about the Relationship and Sex Education content. This can also be found in our PSHE Policy on the school website: <https://fed-mas.n-yorks.sch.uk/wp-content/uploads/2024/01/Policy-FEDMAS-PSHE.pdf>

Growing & Changing – Year 5

Growing and Changing – Year 6

Key questions

Managing Difficult Feelings

Why do people have good and not so good feelings?

Is resilience the same as confidence?

Can someone develop confidence or resilience? How?

Does having resilience help people with their feelings?

Managing Change

What different changes can someone experience?

Does change cause strong emotions?

Does preparing for change help? How might preparing for change help someone to cope with it? What might help someone cope with these strong emotions?

Getting Help

Does the body feel differently when someone may need help?

When might someone need help? What advice would you give to someone who needs to get help? What makes someone a trusted adult?

Key vocabulary

respect wellbeing trust hormones mood swings confidential confidence resilience puberty crush embarrassed menstruation unwanted attention separation unwanted touch period products

I can ...

I can explain what resilience is and how it can be developed.

I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).

I am able to identify when I need help and can identify trusted adults in my life who can help me.

Key questions

Keeping Safe

What secrets can be kept private? Why?

Are there secrets that should be shared? Why?

Who should some secrets be shared with?

Body Image

What physical changes happen during puberty?

How might someone feel when their body changes?

Do emotional changes happen during puberty? Why?

How can a person feel better about their body changing?

Self-Esteem

What can affect the way someone feels about themselves?

What can someone do or say to feel good about themselves?

Do words affect someone as much as actions? How?

Key vocabulary

media manipulation puberty sexual intercourse discuss confidential online safety self esteem right to privacy age of consent stereotype peer pressure uncomfortable physical changes body image emotional changes in confidence sharing online

I can ...

I can give an example of a secret that should be shared with a trusted adult.

I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change.

I can give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).

Key questions

Aspirations and Goal Setting

Do goals and aspirations need a plan? Are problems, challenges and barriers part of achieving goals?

How can problems, challenges and barriers be overcome?

Managing Risk

Are risks physical or emotional?

How can a risk be emotional?

What can someone do to reduce or remove risk?

Key vocabulary

give connect influence
be active assessing risk
problems choices
goal setting overcome vaping
practise media
aspirations take notice (mindful)
weigh up achieve challenges
perseverance
keep learning (get creative)

I can ...

I can tell you how I can overcome problems and challenges on the way to achieving my goals.

I can give examples of an emotional risk and a physical risk.