

Weekly Celebration	Pieces & Vocabulary	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. My Self Image <ul style="list-style-type: none"> • <i>Self-image</i> • <i>Self-esteem</i> • <i>Real self</i> • <i>Celebrity</i> 	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
Can express how they feel when change happens	2. Puberty <ul style="list-style-type: none"> • <i>Opportunities</i> • <i>Freedoms</i> • <i>Responsibilities</i> • <i>Puberty vocabulary as represented on the flash cards (and possibly adapted for your class)</i> 	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
Understand and respect the changes that they see in themselves	3. Babies: Conception to Birth <ul style="list-style-type: none"> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Foetus</i> • <i>Placenta</i> • <i>Umbilical cord</i> • <i>Labour</i> • <i>Contractions</i> • <i>Cervix</i> • <i>Midwife</i> 	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
Understand and respect the changes that they see in other people	4. Boyfriends and Girlfriends <ul style="list-style-type: none"> • <i>Attraction</i> • <i>Relationship</i> • <i>Pressure</i> • <i>Love</i> • <i>Sexting</i> • <i>Consent</i> 	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

(As above)	4a. Adolescent Friendships <ul style="list-style-type: none"> • <i>Independence</i> • <i>Identity</i> • <i>Values</i> • <i>Relationships</i> • <i>Pressure</i> • <i>Adolescent</i> 	I know myself well enough to maintain positive relationships with others whilst still keeping my own identity	I can be assertive when appropriate.
Know who to ask for help if they are worried about change	5. Real self and ideal self <ul style="list-style-type: none"> • <i>Self-esteem</i> • <i>Negative body-talk</i> • <i>Choice</i> • <i>Feelings/emotions</i> • <i>Challenge</i> • <i>Mental health</i> 	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'
Are looking forward to change	6. The Year Ahead <ul style="list-style-type: none"> • <i>Transition</i> • <i>Secondary</i> • <i>Looking forward</i> • <i>Journey</i> • <i>Worries</i> • <i>Anxiety</i> • <i>Hopes</i> • <i>Excitement</i> 	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