

| Learning Intention | Theme | PSHE Education (Developed from National Framework DfEE 2000) | Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004) |
|---|--|--|---|
| 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 |
| 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 |
| Understand and respect the changes that they see in themselves | Girl Talk/Boy Talk (We recommend this Piece is taught in single, gender-specific groups, preferably girls with a female facilitator and boys with a male facilitator) | I can ask the questions I need answered about changes during puberty | I can reflect on how I feel about asking the questions and about the answers I receive |
| Understand and respect the changes that they see in other people | Babies - Conception to Birth | I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born | I recognise how I feel when I reflect on the development and birth of a baby |
| Know who to ask for help if they are worried about change | Attraction | I understand how being physically attracted to someone changes the nature of the relationship | I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this |
| Are looking forward to change | Transition to Secondary School | I can identify what I am looking forward to and what worries me about the transition to secondary school | I know how to prepare myself emotionally for starting secondary school |