

Fens Primary School Knowledge Organiser



PSHEE Focus: Relationships

Growing Up

Year 6

Term: 3B

Key Learning: Big Questions and 'I can' statements

The Big Questions: What are the changes that occur in boys' and girls' bodies during puberty? How can we look after our changing bodies as we grow?

I can describe the changes that people's bodies go through during puberty and how we can look after our changing bodies.

The Big Questions: How might our thoughts and feelings change during puberty? How can we deal with difficult feelings and moods?

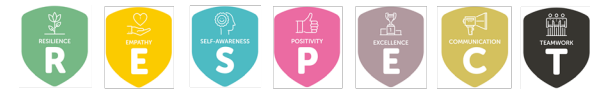
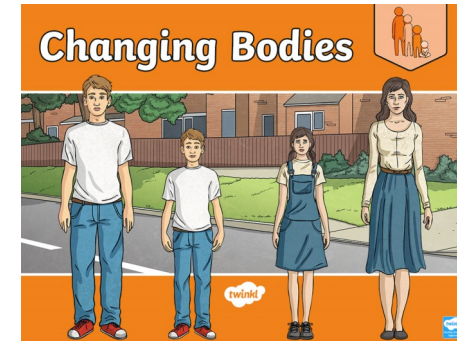
I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.

The Big Questions: Is there an ideal kind of body? What information can affect how we think and feel about ourselves and our bodies?

I recognise that many things affect the way we feel about ourselves and I understand that there is no such thing

The Big Questions: What is a loving relationship? What kinds of loving relationships are there?

I understand what a loving relationship is and that there are many types of relationships.



Key Vocabulary

puberty, male, female, emotions, feelings, hormones, mood swings, anger, uncomfortable, difficult, lonely, confused, sad, nervous, stressed, crush body image, self-esteem, beauty, media, advertising, ideal, appearance, stereotype, positive, negative, representative, society

Home Learning

- Growing Up and Changing: Children think about the changes that boys and girls will go through during puberty and record these. Amazing Me: Children create a profile of themselves, detailing such things as how they see themselves, what they like about themselves, how others see them and what they are proud of.

Useful Websites

- PSHE KS2: Growth Mindset - BBC Teach
- PSHE KS2 / KS3: Spark - Fire up your future - BBC Teach
- PSHE - BBC Teach
- Commando Joe's