

PSHE AT KINGSLEY: Year 6



Topic: Relationships (Different relationships, changing and growing, adulthood, independence, moving to secondary school)

Question: *What Will Change As We Become More Independent?*

Learning Expectations:

- That people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another
- That people have different kinds of relationships in their lives, including romantic or intimate relationships
- That adults can choose to be part of a committed relationship or not, including marriage or civil partnership
- That marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime
- How puberty relates to growing from childhood to adulthood
- How growing up and becoming more independent comes with increased opportunities and responsibilities
- How friendships may change as they grow and how to manage this
- How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing

Programme of Study References:

H24, H30, H33, H34, H35, H36, R2, R3, R4, R5, R6, R16

Key Websites:

[NSPCC – Making sense of relationships \(KS2\)](#)

[PSHE Association – Mental health and wellbeing \(KS2 – Y5/6\), lesson 3, Feelings and common anxieties when transitioning to secondary school](#)

[Rise Above – Transition to secondary school](#)

Cross Curricular:

Science

Prior Knowledge: Children will understand that different people have different relationships. They know where to go if they need support/help/advice.

Essential Knowledge:

- I know that I will go through physical and emotional changes as I go through puberty.
- I can challenge society's perception of a perfect body.
- I know where to go and who to talk to if I need help or advice.
- I know that I have rights within a relationship.

Key Vocabulary:

Respect, sex, gender, sexuality, prejudice, peer pressure, secrets, confidential, healthy, unhealthy, relationships, puberty, emotions, body image, gay, bisexual, lesbian, growing up, heterosexual, homosexual, menstruation, periods, hormone, changes, genitals, love, relationships, family, friendship, self-love, care, commitment, committed, family life, living together, living apart, positive, caring