



# All Saints CE Primary School and Nursery

## Medium Term Planning



Class teacher: Lisa Edwards Year group: 6 Term: Spring 1 Subject: PSHE: Growing and changing

### British Values

Lesson	SKILLS Based L.G.	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science)	Key Vocabulary covered
1	L.G.: Recognise that photos can be changed to match society's view of perfect L.G. Identify qualities that people have, as well as their looks.	SCARF lesson 2 I look great Tolerance, Respect	Media, image, gender stereotype, celebrity, image, manipulated, reality
2	L.G. Define what is meant by the term stereotype L.G. Recognise how the media can sometimes reinforce gender stereotypes	SCARF lesson 3 Media manipulation Tolerance, Respect	Media, image, gender stereotype, celebrity, image, manipulated, reality
3	L.G.: .Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it L.G. Suggest strategies that would help someone who felt challenged by the changes in puberty	SCARF lesson 5 Is this normal? Tolerance, Respect	Puberty, body parts, body changes, emotional changes
5	L.G. Managing change-helpful or unhelpful	Strategies to manage change (WL) Tolerance, Respect	Anxiety, stress, physical wellbeing, mental wellbeing, healthy lifestyle, change, routine
6	L.G. anxiety- how to manage stress and anxiety	Develop personal strategies and recognising signs (WL) Tolerance, Respect	As above
7	L.G. revisit growth mindset	Growth mindset to mental health	As above

		(WL) Tolerance, Respect	
8 & 9	L.G. heathy habits	Sleep, healthy eating, exercise and rest (WL) Tolerance, Respect	As above