# Upper KS2 PSHE Education Learning Journey

[OAT] Ormiston Academies Trust
ACHIEVING MORE TOGETHER

**Students will start Key Stage 3 with:**

- Knowledge of the fundamental building blocks and characteristics of positive and healthy relationships, including online relationships.
- An understanding of sexual intercourse, pregnancy, and of the importance of consent.
- An understanding of the physical and emotional changes which occur during puberty.
- Knowledge of the dangers of drugs, alcohol and smoking to good health.
- An awareness of positive mental wellbeing, and how to seek support if they need help.
- An understanding of how to stay safe in a range of contexts, including online.
- An understanding of the structures of modern Britain, including the rule of law.
- A rich experience of environmentally focused Youth Social Action.

## YEAR 6

### Power and Participation
- How can my voice be heard?
- What are charities?
- What does my ideal politician look like?
- How are decisions made in other places?
- Who makes the decisions which affect me?

### Enterprise Project
- How much does it cost to run a theme park?
- What is market research?
- How much profit would my theme park make?
- What would my ideal theme park look like?

### YSA: Sustainable Development Goals
- What positive environmental changes are happening across the world?
- What are the global consequences of our personal choices?
- How can we work towards Sustainable Development Goals in our own?
- What are the Sustainable Development Goals?
- How are humans damaging land, air and water?

### E-Safety and Social Media
- Why do we need secure, memorable passwords online?
- Should we share personal information online?
- The Internet – Is it all bad?
- NSPCC Share Aware: Alex and Lucy
- NSPCC: Healthy online friendships
- ThinkUKnow: #Liveskills
- Rise Above: Social media

### The Police and the Law
- What are children's rights and how are they balanced with responsibilities?
- Does the punishment fit the crime?
- Where do I stand on controversial issues?
- Who and what keeps me safe?
- Who is part of my community?

### Relationships and Sex Education
- What is sexual intercourse?
- What happens during pregnancy?
- What is attraction?
- What is love?
- What is 'consent' and how does it relate to our lives?

### Drugs and Alcohol Education
- What are the dangers of smoking?
- Managing risk: Influences and pressures
- What is a drug?
- Rise Above: Transition to Secondary school
- Managing risk: Drugs & Alcohol in the media
- What is alcohol?
- Managing risk: Legal and illegal drugs
- Managing risk: Medicines

## YEAR 6

### Be Internet Legends
- Be Internet Sharp
- Be Internet Secure
- Be Internet Kind
- Be Internet Alert
- Be Internet Brave

### YSA: Life in Plastic
- How can we promote the 'reduce, recycle, reuse' message?
- What does 'zero-waste' mean?
- Why do we use plastic?
- How does plastic affect our planet?
- How can we make reduce the amount of single-use plastic we use?

### Changes in friendships
- Is an online friend the same as a real friend?
- What can you do if you think someone is being bullied?
- What does friendship look like?
- How do you know who to trust?
- How can we deal with our emotions and behaviour when we fall out with friends?

### Puberty
- What happens to boys during puberty?
- What are the functions of genitalia?
- What is the menstrual cycle?
- How do our emotions change during puberty?
- What is puberty?

### Bereavement and loss
- Why do people have a funeral?
- What is divorce and why does it happen?
- How do we feel when we lose someone we love?
- How do different cultures celebrate the lives of their loved ones when they die?

### Body image
- What can my body do for me?
- Are all images we see real?
- Do looks really matter?
- What does the 'perfect body' look like?
- Does it matter if images that have been significantly altered are used in adverts, online, or otherwise published?

### Emotional and mental health
- How do we feel when we lose something?
- What is self-care and how can I use self-care to help keep a healthy mind?
- What are emotions and how can they affect the way we act?
- What are our rules for respect in PSHE lessons?
- How do you feel when things change?
- Why is sleep important?
- What is mindfulness?

## YEAR 5

**Enrichment and careers related learning opportunities in UKS2:**

**The OAT Advantage:**

- Taste food from other countries
- Be aware of internet safety
- Raise money for charity or take part in a fundraising event
- Know your legal rights and responsibilities
- Know why and how to stand up for others (prevent bullying)
- Know how to recycle at home and school
- Help someone in your community
- #iwill social action opportunity
- Participate in a debate

**CRL encounters from:**

- Employees in mental health-based industries: psychologists, therapists, mental health nurses
- Employees in media-based industries, such as print media, (journalists) social media (web-designers, marketing and communications)
- People working within the environmental sector; Environmental Advisor, Environmental Public Health Scientist, Sustainability Consultant, Alternative Energy Providers
- Employees in the Law, such as the police, solicitors, barristers, judges

**Students will start Upper Key Stage 2 with:**

- Understanding of how to be a good friend, including showing respect for others
- Knowledge of their rights and responsibilities, as detailed in the UNCRC, including an ability to recognise stereotyping.
- An understanding of how to stay safe, including online, and what to do in emergencies.
- Knowledge of how to live a healthy lifestyle, including a balanced diet, the importance of exercise, sleep and dental health.
- Experience of meaningful YSA; environmental, community-based and enterprise.