**Year 5 and Year 6 RSE Midterm plan**

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| **Sessions** | **Content** | **Units** | **Key vocabulary** |
| **Session 1**  **Gifts & Talents** | In the first episode of the ‘Paradise Street’ series, we are introduced to the four main characters and see their similarities and differences. There is friction over competition and rivalry, with the characters learning that difference - whether physical or skills based - should be celebrated as enriching to a community. One of the characters, Finn, discusses his feelings of insecurity with his Mum and she teaches him to be more deeply aware of his value and that his self-confidence should arise from being loved by God.  **Learning Objectives Children will learn that**:   * Similarities and differences between people arise as they grow and mature * By living and working together (‘teamwork’) we create community. * There are many different types of family set up * Self-confidence arises from being loved by God (not status, etc.) | **Pathway 2, Unit 2** | similarities differences gifts talents unique loved child of God accept self-confidence value show off jealousy compare community faults weaknesses |
| **Session 2**  **Spots & Sleep** | This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health. **Learning Objectives Children will learn:**  How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment. | **Pathway 2, Unit 2** | embarrassed self-conscious spots sleep exercise personal hygiene screen time gaming addictive protein shake balanced diet choice impact health sun exposure dental hygiene |
| **Session 3**  **Me, My Body, My Health** | **Learning Objectives Children will learn:**   * That human beings are different to other animals * About the unique growth and development of humans, and the changes that girls will experience during puberty * About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately * The need for modesty and appropriate boundaries   Children will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God. | **Pathway 2, Unit 2** | appropriate inappropriate behaviour actions feelings emotions thoughts manage reframe scared excited happy intense crush infatuation puberty hormones mood swings HALT (Am I Hungry, Angry, Lonely or Tired?) isolation loneliness mental-ill health Childline |
| **Session 4** | **Session 2: Peculiar Feelings**  **Learning Objectives Pupils will:**   * Deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action * Learn that some behaviour is wrong, unacceptable, unhealthy or risky   In this episode of ‘Paradise Street’, Marcus imitates inappropriate behaviour that he sees at home from his Mum’s boyfriend. He learns that some behaviours are always wrong, no matter what feelings accompany them, and learns that he has to take responsibility for his actions. Meanwhile, Siobhan and Leyla fall victim to a miscommunication which ruptures their friendship. In this session, through films and activities pupils will consider how people behave and react to their feelings and emotions, and how these feelings can change quickly. | **Pathway 2**  **Life to the full modular 1 Session 2** | **Vocabulary**  Friendship responsibility  How to behave and react to their feelings and emotions, and Pathway |
| **Session 5** | **Learning Objectives Pupils will learn:**   * That emotions change as they grow up (including hormonal effects) * To deepen their understanding of the range and intensity of their feelings; that feelings are not good guides for action * That openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being. * That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being.   In this episode of ‘Paradise Street’, Leyla has a crush on an older boy and gets a bit carried away. Meanwhile, following recent events in Marcus’ personal life, Miss Nichols gives him a creative outlet for the powerful emotions he has been experiencing. This session provides plenty of opportunity for discussion and reflection, including how to manage feelings that can seem uncontrollable. | **Pathway 2**  **Life to the full modular 1 session 3** | **Vocabulary**  manage feelings that can seem uncontrollable. Self- manage intensity of their feelings  Seek trusted adults when feeling worried and that beauty and art can contribute to our sense of emotional well-being |
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