

# ALDER COPPICE PRIMARY SCHOOL UNIT OVERVIEW



## Relationships Puzzle – Summer 1

### About this Puzzle

Relationships is where RSHE Relationships Education is most fully expressed. Children explore the full range of relationships in their lives; families, friendships, communities and, as they grow, early ideas about romantic relationships, learning what makes these healthy, safe and respectful. They develop skills to negotiate, compromise, manage conflict and repair friendships, while learning to recognise when a relationship is making them unhappy or unsafe, and where to get help. Digital literacy and online safety become increasingly prominent, covering screen time, social media, online friendships, data privacy, recognising harmful or AI-generated content, and knowing how to respond when something online feels worrying. This Puzzle also addresses love, loss and bereavement.

| Relationships                      | Year 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <b>Taught knowledge</b>            | <b>Knowledge</b> <ul style="list-style-type: none"> <li>• I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</li> <li>• I understand that belonging to an online community can have positive and negative consequences</li> <li>• I understand there are rights and responsibilities in an online community or social network</li> <li>• I know there are rights and responsibilities when playing an online game</li> <li>• I can recognise when I am spending too much time using devices (screen time)</li> <li>• I can explain how to stay safe when using technology to communicate with my friends</li> <li>• I understand I have rights about my personal data</li> </ul> |
| <b>Social and Emotional skills</b> | <b>Social and Emotional Skills</b> <ul style="list-style-type: none"> <li>• I know to keep building my own self-esteem</li> <li>• I can recognise when an online community feels unsafe or uncomfortable</li> <li>• I can recognise when an online community is helpful or unhelpful to me</li> <li>• I can recognise when an online game is becoming unhelpful or unsafe</li> <li>• I can identify things I can do to reduce screen time, so my health isn't affected</li> <li>• I can use strategies to help me stay safer online including confident questioning information and saying 'no' when I feel uncomfortable</li> </ul>                                                                                                   |

# ALDER COPPICE PRIMARY SCHOOL UNIT OVERVIEW



## Changing Me Puzzle – Summer 2

### About this Puzzle

Changing Me supports children through the physical and emotional changes that come with growing up — from exploring life cycles in the early years through to learning about puberty, reproduction and the transition to secondary school. Children develop accurate, age-appropriate knowledge and the emotional vocabulary to feel confident about changes happening to their bodies and lives. Self-image, body confidence and challenging negative body-talk are important threads, alongside correct anatomical vocabulary, understanding privacy and consent, and recognising appropriate and inappropriate contact. The Puzzle also addresses wider changes in families, friendships and circumstances, helping children build strategies for coping and seeking support.

| Changing Me                        | YEAR 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>Taught knowledge</b>            | <b>Knowledge</b> <ul style="list-style-type: none"> <li>• I am aware of my own self-image and how my body image fits into that</li> <li>• I can explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally</li> <li>• I can describe how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li> <li>• I can describe how boys' and girls' bodies change during puberty</li> <li>• I understand that sexual intercourse can lead to conception and that is how babies are usually made</li> <li>• I also understand that sometimes people need IVF to help them have a baby</li> <li>• I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities</li> <li>• I can identify what I am looking forward to when I move to my next class</li> </ul> |
| <b>Social and Emotional skills</b> | <b>Social and Emotional Skills</b> <ul style="list-style-type: none"> <li>• I know how to develop my own self esteem</li> <li>• I understand that puberty is a natural process that happens to everybody and that it will be OK for me</li> <li>• I can express how I feel about the changes that will happen to me during puberty</li> <li>• I appreciate how amazing it is that human bodies can reproduce in these ways</li> <li>• I am confident that I can cope with the changes that growing up will bring</li> <li>• I can start to think about changes I will make next year and know how to go about this</li> </ul>                                                                                                                                                                                                                                                                                                                                                                  |