

Year 5

Changing adolescent body suggested lesson

Learning statement - Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

Lesson and activity - On a piece of paper, make a graffiti board with all the words you can think of that relate to growing up and puberty. The children might also like to include some words that describe how people might feel about puberty and growing up.

Sometimes a person might need help and support to manage their feelings during puberty. Which of the options below do you think would be most helpful to manage each of the situations?

Situations

- Charlie keeps feeling really angry about little things.
- Sarah is worried that her body is not changing like her friends.

Options

- Talking to a friend
- Talking to a family member
- Visiting childline for advice, and using services such as 'Ask Sam' on their website
- Reading a book about it
- Doing nothing
- Something else

Internet safety and harms suggested lesson

Learning statement - The benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.

Lesson and activity - Teacher to display the question "What is digital wellbeing?" Children to use partner time to discuss, then share thoughts as a class.

Small groups will look at a selection of scenarios and discuss how the character may feel. Then place the scenarios on a feelings scale. Example scenarios:



- Maria opens her phone and sees 400 messages in a group chat.
- Kathy is at a café with her friends and they are all on their phone.
- Freddie's close friend has moved to another city, he has a video chat with him to stay in touch.

Respectful relationships suggested lesson

Learning statement - The importance of self-respect and how this links to their own happiness.

Lesson and activity - Draw a person who feels happy with their life and good about themselves and around the outside, write all the things that help them to feel this way. Watch the following video clip

https://plprimarystars.s3.amazonaws.com/1547549016-1547548779-PLPS_SelfEsteem_PausePoint.mp4_1280x720_4.mp4

The screenshot shows a resource page with the Premier League Primary Stars logo. The main activity is 'What is self-esteem?'. A worksheet is displayed with a question mark icon and the instruction: 'Write down four things about yourself on your activity sheet.' Below this, it says 'Think about:' followed by three bullet points: 'what you like doing and playing', 'who you would like to swap places with for a day', and 'what your dream job is.' The worksheet itself is a 2x2 grid with the following prompts: 'Something I enjoy doing...', 'I like playing...', 'The person I like to swap places with for a day is...', and 'My dream job is...'. At the bottom, there is a footer with the website 'www.plprimarystars.com', '© Premier League 2019', and the 'PSHE Association Quality Standard Approved' logo.

Think about: what the people in the film are saying about self-esteem and what makes them feel proud and good about themselves.

Children to identify 4 things about themselves that relate to self esteem.

The Department for Education have released a sample mental health lesson for Year 5, if you wish to view this, please use the link below

<https://watch.cloudflarestream.com/df82140d8b6dfc8715ff53d259a2e08e>