

## PSHE Lesson Plan- Autumn 2

Subject:PSHE- Sex Education	Day	Time:
<p><b>Group Objectives:</b></p> <ul style="list-style-type: none"> <li>To identify likes and dislikes.</li> <li>To make choices about everyday things</li> <li>To practice saying yes and no to everyday choices</li> <li>To identify when to say yes and no to good and bad touch</li> <li>To identify how to say no in the community</li> <li>To identify how to stay safe in the community</li> <li>To identify how to stay safe in a relationship</li> <li>To identify different emotions and how to cope with different feelings</li> </ul>		
<p><b>Organisation</b></p>		
<b>Date</b>	<b>Activity</b>	<b>Outcomes</b>
	Likes and dislikes of food and drink in picture/symbol form	To answer question 'What is your favourite food and drink?'
	Tasting different sweet, sour, spicy foods and deciding whether they like or dislike them	To answer 'yes' or 'no' to the question 'Do you like this?'
	Girls to look at fashion magazines, popstars, clothing catalogues etc and make a 2 page montage of YES/LIKE and NO/DISLIKE items	As above.
	Look at choices available in the school week and at home. What can you choose and what can't you choose? What choices do adults and peers dictate? Video on choice making	To identify times of the day when they have a choice
	Role-play and symbol board to talk about bad and good touch. Types of touch within different relationships. Adults and peers <b>cannot</b> choose to do <b>anything</b> to another person's body.	To identify good touch To identify bad touch
	Saying NO. Role play about keeping safe-relationships and strangers. Stranger Danger Video. Saying No booklet	To identify when to say no. To shout 'No!' Push away and run during role play of keeping safe.
	Feelings and Emotions-Simple-happy, sad, frightened, angry, romantic. Discuss and cut out pictures to place in each feelings group. Use mirrors to look at different expressions.	To identify simple emotions and the facial expressions to match
	More complex feelings-cheerful, pleased, upset, depressed, anxious, scared, terrified, panicky, spiteful, cross, furious, loving, emotional, passionate, sexy. In pairs write a social story for 1 emotion	To identify more complex emotions and to identify strategies to deal with them
	Repeat and watch Kylie and Jason video-emotions part	To identify Feelings and Emotions
<p><b>Evaluation:</b></p>		