

Knowledge Organiser: PSHE - Transition



Must

- Personal
- Social
- Health
- Economic
- Relationships
- Emotions
- Hormones
- Puberty
- Transition
- Responsibilities
- Characteristics
- Feelings
- Communication
- Peer Pressure



Should be able to...

- Learn and understand what all of the vocab words in the 'must' mean.
- Explain and discuss the 'must' vocabulary with an adult that you feel confident talking to.
- Understand the changes that your body is/will be going through and that it is normal and all part of growing up.
- Have a trusted adult that you can speak to about any concerns or worries you may have. This may be a parent, grandparent, family friend, teacher etc.

Extra mile work

- Begin a routine. Create your own daily schedule/timetable that you might start over the summer to get you ready for when you start secondary school in September.
- Dreams and ambitions. Complete a short piece of writing about what you want to achieve in your first year at secondary school. Do you have any worries? What are you most looking forward to?
- Create a poster all about surviving your first year at secondary school. Use the links on the left to help you.
- Write a letter to your new form teacher or Head teacher introducing yourself, could you see if you could get a response over the summer holidays?
- Write down a worries list. Discuss these with your family and talk about how you could turn your worries into opportunities.

Websites:

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

<https://campaignresources.phe.gov.uk/schools/resources/transition-to-secondary-school-lesson-plan-pack>

Always stay safe online!