

PSHE Year 5

This document shows the Year 5 PSHE (Personal, Social, Health and Economic education) curriculum for the full school year. The majority of lessons covering the RSE (Relationships and Sex Education) curriculum set by the Department of Education are in the Autumn and Summer terms. Lessons will normally be taught in the order seen unless the need for a specific topic changes for the year group.

Autumn- Relationships (Class Pledge) (Online Safety) (Bonfire Night Safety)	Spring- Living in a Wider World (Road Safety) (Emergency services calls) (First Aid)	Summer- Health and Wellbeing (Sun Safety)
<p><u>Consequences</u></p> <ul style="list-style-type: none"> Understand how actions have consequences for themselves and others 	<p><u>Local council</u></p> <ul style="list-style-type: none"> Understand how rules and laws protect the community Understand how laws are made and changed 	<p><u>Smoking and alcohol</u></p> <ul style="list-style-type: none"> Understand misconceptions around smoking Know harmful effects of smoking and alcohol Know what the body needs to survive and thrive
<p><u>Trust</u></p> <ul style="list-style-type: none"> Know who they can trust for different things Understand how to handle situations in which they feel uncomfortable 	<p><u>Media</u></p> <ul style="list-style-type: none"> Understand how the information we see online isn't always true Know how to find out about topical issues that may affect them 	<p><u>Risks</u></p> <ul style="list-style-type: none"> Know difference between positive and negative risks Know when to take risks Understand emotional needs and risks Understand habits and how they can make life more tricky
<p><u>Team work</u></p> <ul style="list-style-type: none"> Know how to work as part of a team Understand how to negotiate and compromise 	<p><u>Diverse country</u></p> <ul style="list-style-type: none"> Understand how different groups/communities make up the UK Know the importance of mutual respect 	<p><u>Responsibility</u></p> <ul style="list-style-type: none"> Understand their level of independent increases as they grow up Understand who keeps them safe
<p><u>Healthy relationships</u></p> <ul style="list-style-type: none"> Understand how bullying and discrimination can affect people Know what makes a relationship healthy Understand how bullying can happen due to personal expression Know how bullying can be stopped Understand how to respond to the emotions of others Know how they are a good friend themselves 	<p><u>Rights and responsibilities</u></p> <ul style="list-style-type: none"> Know the difference between rights, responsibilities and duties Explain how not following them can cause problems for individuals and whole communities 	<p><u>Conflicting emotions</u></p> <ul style="list-style-type: none"> Know their emotional needs and how they can change depending on circumstances Understand that they do not always have to agree with peers Know how to resist peer pressure Understand the importance of resilience and how to build it
<p><u>Kindness</u></p> <ul style="list-style-type: none"> Know how to be respectful to others 	<p><u>Our community</u></p> <ul style="list-style-type: none"> Understand what being part of a community means to an individual 	<p><u>Medicines and drugs</u></p> <ul style="list-style-type: none"> Understand how legal drugs could damage your health Understand that some drugs are illegal

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<ul style="list-style-type: none"> • Understand how kindness is needed in order to make a friendship last 	<ul style="list-style-type: none"> • Know how to propose ideas to improve the school community • Understand how volunteers contribute to the community 	
<p style="text-align: center;"><u>Secrets</u></p> <ul style="list-style-type: none"> • Know what type of secrets are safe and which should be told • Know when it is important to break a confidence • Understand and handle 'dares' 	<p style="text-align: center;"><u>Buying and selling</u></p> <ul style="list-style-type: none"> • Understand that making items cost • Understand that research should be carried out before making a large purchase • Understand how to look after their own money 	<p style="text-align: center;"><u>Achievements</u></p> <ul style="list-style-type: none"> • Know their own strengths/talents • Know their areas of improvement
<p style="text-align: center;"><u>Discrimination</u></p> <ul style="list-style-type: none"> • Understand what discrimination and injustice are • Know why discrimination and injustice happen • Know how to challenge discrimination and injustice 	<p style="text-align: center;"><u>First Aid training delivered by external company</u></p>	<p style="text-align: center;"><u>Puberty</u></p> <ul style="list-style-type: none"> • Understand the main changes people go through during puberty and how to handle them • Know these changes happen at different times for different people • Understand menstruation • Know who to talk to about puberty
		<p style="text-align: center;"><u>Change/loss</u></p> <ul style="list-style-type: none"> • Understand some of the changes people face in life • Know how to cope with these changes

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