

## PSHE Curriculum Overview Year 5

### Core Theme: Health and Wellbeing

(work to be evidenced in PSHE Book 1- Health and Wellbeing)

Planning Grid	Topic	Learning outcome	Key Vocabulary	Cross curricular links	PSHE Association Planning Reference	Term it is taught in
H1/H2	Healthy Lifestyles	To recognise positive and negative affects on health and wellbeing (including mental and emotional health) To make informed choices that contribute to a balanced lifestyle	Balanced lifestyles. Choices, health, wellbeing	PE	P187	Autumn 1
H3	Healthy Lifestyles	To identify the benefits of a balanced diet To learn about different influenced on food and diet To make informed choices about food	Balanced diet, choices, food influenced	DT	P188	Spring 1
H4	Healthy Lifestyles	To know that images in the media can distort reality To identify how this can affect how people feel about themselves	Media, images, reality, fantasy, true, false		P189	Autumn 2
H5	Growing and Changing	To know about different ways of achieving and celebrating goals To know how having high aspirations can support personal achievements	Achievements, aspirations, goals, strengths, target setting	Character curriculum	P190	Autumn 1
H6/H7	Growing and Changing	To know how to describe the range and intensity of their feelings to others To manage complex emotions.	Conflicting emotions, feelings, managing feelings	Character currulum	P191	On going (evidenced each half term)
H8	Growing and Changing	To know how to cope with change and transition To know how to cope with bereavement	Change, transitions, loss, separation, divorce, bereavement		P192	Autumn 1/Summer 2
H9/H10/ H11	Keeping Safe	To know about independence, increased responsibility and keeping safe. To know some strategies for managing risks	Risk, danger, hazard, responsibility, safety		P193	Autumn 2

H12	Healthy Lifestyles	To know how the spread of infection can be prevented	Bacteria, viruses, hygiene routines		P194	Autumn 1
H13/H14	Keeping Safe	To know difference influenced on behaviour including peer pressure and media influence To know how to resist unhelpful pressure and ask for help	Pressure, managing pressure, influences, media, peer		P195	Autumn 2
H15	Keeping Safe	To know the basic skills needed in an emergency To learn basic first aid	Emergency aid, help, safety, rules		P196	Spring 1
H16	Healthy Lifestyles	To learn about different habit (in relation to drugs, alcohol and tobacco)	Habits		P197	Spring 2
H17	Healthy Lifestyles	To know some of the risks and effects of legal and illegal substances	Drugs, alcohol, tobacco, medicines, caffeine		P198	Spring 2
H18	Growing and Changing	To know about the changed that happen during puberty.	Puberty, physical and emotional changes		P199	Summer 2
H19	Growing and Changing	To know about human reproduction in the context of the human lifecycle To know how a baby is made and how it grows To know the roles and responsibilities of parents and carers	Human reproduction, babies, sexual intercourse, pregnancy, contraception, parents, carers		P200	Summer 1
H21	Keeping Safe	To know strategies for managing personal safety (local environment)	Safety, road, cycle, rail, water, fire		P202	Spring 1
H22/H25	Keeping Safe	To know strategies for managing personal safety (online)	Safety online, personal information, passwords, images		P203	Spring 1
H23	Keeping Safe	To know who is responsible for their health and wellbeing. To know where to get support.	Advice, support, asking for help		P204	Autumn 1
H24	Keeping Safe	To know how to keep safe when using a mobile	Mobile phones,		P205	Spring 1

		phone.	responsibility, safe use			
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## Core Theme: Relationships

(work to be evidenced in PSHE Book 2- Relationships)

Planning Grid	Topic	Learning outcome	Key Vocabulary	Cross curricular links and	PSHE Association Planning Reference	Term it will be taught in
R1	Feelings and Emotions	To know how to respond appropriately to a wider range of feelings	Feelings, empathy, recognising other's feelings	Character curriculum	P207	On going
R2/R4	Healthy Relationships	To identify different types of relationships (friends, couple, families, marriage, civil partnerships). To know what constitutes a positive, healthy relationship. To know what skills you need to maintain a positive relationship.	Friendships, families, couples, positive relationships	RSE	P208	Spring 2
R3	Healthy Relationships	To recognise when a relationship is unhealthy.	Relationships, unhealthy, pressure	RSE	P209	Spring 2
R5/R19	Healthy Relationships	To know about committed loving relationships (including marriage and civil partnerships)	Committed loving relationships, civil partnerships, marriage	RSE	P210	Spring 2
R6/R20	Healthy Relationships	To know that marriages, arranged marriages and civil partnerships is between two people who willingly agree To know that to force anyone into marriage is illegal	Forced marriage	RSE	P212	Spring 2
R7	Healthy Relationships	To know the consequences of their actions on themselves and others	Actions, behaviour, consequences	Character curriculum	P213	Autumn 1
R8	Healthy	To know whether physical contact is acceptable or	Physical contact,	RSE	P214	Spring 2

	Relationships	unacceptable and how to respond	touch, acceptable, unacceptable			
R9	Feelings and Emotions	To know what confidentiality mean and when it is appropriate to break a confidence.	Confidentiality, secrets, surprises, personal safety.	RSE	P215	Autumn 2
R10	Valuing Differences	To be able to respectfully listen to others but raise concerns and challenge view points when necessary	Listening, viewpoints, opinions, respect		P216	On going
R11	Healthy Relationships	To work collaboratively towards a shared goal	Collaborative working, shared goals		P217	Ongoing (evidence 2/3 activities in the year)
R12	Healthy Relationships	To know negotiation and compromise strategies to resolve disputes and conflicts	Disputes, conflict, feedback, support, negotiation, compromise	Character curriculum	P218	Autumn 1
R13/R16/ R17	Valuing Differences	To know the factors that make people the same or different To recognise and challenge stereotypes To know the correct terms for sex, gender, identity and sexual orientation	People, equality, identity, stereotypes, discrimination	RE RSE	P219	Autumn 2 Spring 1 Summer 2
R14/R18	Valuing Differences	To know about discrimination, teasing, bullying and aggressive behaviour	Bullying, discrimination, aggressive behaviour	Anti Bullying	P220	Autumn 2
R15	Feelings and Emotions	To recognise and manage dares	Dares, challenges		P221	Summer 2
R21	Healthy Relationships	To know about the importance of keeping personal boundaries and the right to privacy.	Privacy, sharing, personal boundaries	RSE Online safety (Computing)	P222	Spring 1

## Core Theme: Living in the Wider World

(work to be evidenced in PSHE Book 3- Living in the Wider World)

Planning Grid	Topic	Learning outcome	Key Vocabulary	Cross curricular links and	PSHE Association Planning Reference	Term it will be taught in
L1	Rights and Responsibilities	To research, discuss and debate issues concerning health and wellbeing	Discussion, debate, topical issues, problems, events	English S&L	P224	Summer 2
L2	Rights and Responsibilities	To know how and why rules and laws are made To take part in making and changing rules	Rules, laws, making and changing rules	Character curriculum	P225	Autumn 1
L3/L4	Rights and Responsibilities	To know the importance of human rights. To know about the UN declaration of Rights of the Child.	Human rights, children's rights		P226	Summer 2
L5	Rights and Responsibilities	To know that harmful practices (forced marriage) are against British Law and in contradiction of human rights. TO know that human rights overrule any beliefs, ideas, practices that harm people.	Practices against human rights		P227	Summer 2
L6	Rights and Responsibilities	To know how anti social behaviours can affect wellbeing To know how to handle, challenge or respond to anti social behaviour	Anti social behaviour, aggression, bullying, discrimination		P228	Summer 2
L7	Rights and Responsibilities/ Taking care of the environment	To know about the different kinds of responsibilities (home, school and in the environment)	Rights, duties, home, school, environment		P229	Summer 2
L8	Rights and Responsibilities	To know about solving difference, respecting different viewpoints and making their own decisions.	Resolving difference, points of view, decisions, choices		P230	Spring 1
L9/L10	Rights and Responsibilities	To know what it means to be a part of the community.	Communities, volunteers, pressure		P231	Autumn 2

		To know about different group/individuals that support the community	groups, health, well being			
L11	Rights and Responsibilities	To appreciate and understand a range of national, regional, religious and ethnic identities of people living in the UK.	People, difference, diversity, identity, UK		P232	Autumn 2
L12	Rights and Responsibilities	To know about the lives, values and customs of people living in other places.	People, places, values, customs		P233	Autumn 2
L13	Money	To know how finance plays an important part in people lives.	Money, spending, saving, budgeting	Maths	P234	Spring 1
L14	Money	To know what is meant by interest, debt, and loan. To know the importance of looking after money including managing loans and debts To know that people pay tax to contribute to society.	Money, interest, loan, tax, debt	Maths	P235	Spring 1
L15	Money/Taking care of the environment	To know how resources are allocated and the effect this has on individuals, communities and the environment.	Resources, sustainability, economics, choices, environment		P236	Autumn 2
L16	Money	To know what it takes to set up an enterprise To know what enterprise means for work and society	Enterprise, enterprise skills, entrepreneurs	Link to Christmas fair	P237	Autumn 2
L17/L18	Rights and Responsibilities	To be critical of what they see and read in the media. To critically consider information they choose to forward to others	Media, social media, information, forwarding		P238	Spring 1