

Year 5
PSHE
Autumn 1
Being me in my world

Previous Learning

In Year 4, the children explored being part of a team with specific links to their school community . They talked about attitudes and actions and their effects on the whole class and the wider school. The children learned about their school and its community, who all the different people were and what their roles were. Children revisited consent, what this means and when is a good time to keep a secret and when it isn't. Children talked about safe adults they could talk to if they needed help. They were also reminded that children have the right to feel safe all of the time.

Sticky Knowledge

1. Understand the rights and responsibilities associated with being a citizen in the wider community and their country
2. Know how to face new challenges positively
Understand what their worries might be and how to recognise them and then find strategies to cover come them
3. Know how to set personal goals
4. Identify when pressure may be put on them and know ways to say 'no' to this to manage the situation
5. Understand different types of abuse such as neglect, physical abuse, emotional abuse and sexual abuse
6. To know a child always has the right to feel safe

Lesson 1

Applying behaviour expectations to the wider world

- To know my rights and responsibilities as a citizen of my country.

Lesson 2

Three houses

- To know how to identify positive things in my life and identify worries and how I could overcome them.

Lesson 3

Mental health/5 ways to wellbeing

- To know how to face new challenges positively and know how to set personal goals.

Lesson 4

Boundaries/consent

- To know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
- To know where to get advice and report concerns if worried about their own or someone else's personal safety (including online).

Lesson 5

NSPCC Speak Out Stay Safe

- To know the different types of abuse and that is abuse is never a child's fault.
- To know that children have the right to be kept safe and to know

	who a child can talk to if they need help.
Vocabulary	
Rights, Responsibilities, Citizen, Denied, Empathise, Refugee, Persecution, Conflict, Asylum, Migrant, Fears, Solutions, emotions, Appreciation, Opportunities, Goals, Motivation, Vision, Hopes, Challenge, Peer pressure, Uncomfortable, Strategy, Advice, Appropriate, Inappropriate, Abuse, Types, Stay safe, Speak out, NSPCC, Childline, Neglect, Bullying, Physical abuse, Emotional abuse, Sexual abuse	

Year 5 PSHE Autumn 2 Celebrating difference	
Previous Learning In year 4 children began to learn about racism and the impact this can have on individuals. Children learned that there are different types of bullying and some of this can take place online and that also some people who are witnesses to bullying will begin to join in, children explored why this might be the case. Children learned that sometimes they can make a judgement of another person before really getting to know them and that this impression may be false. Children explored ways to show compassion to others as part of being a positive citizen in the community.	
Sticky Knowledge	
1. Understand that homophobia is a prejudice or dislike to people who are gay 2. To learn that other people will have difference believes to them but that all people should be respected 3. Understand that bullying can take shape in different forms and some of this is through name calling and other times it can be by spreading rumours 4. Understand that as a responsible citizen we have to take care of other people and things within our world	
Lesson 1	Homophobia
	• To know what homophobia is.
Lesson 2	Respecting others
	• To know about and respect a different culture from my own.
Lesson 3	Bullying and how this can look (1)
	• To know that rumour-spreading and name-calling can be bullying behaviours. To know what our school shared definition of bullying is
Lesson 4	Bullying and how this can look (2)
	• To know the difference between direct and indirect types of bullying.
Lesson 5	Citizenship

	To know about the shared responsibilities we all have for other people and living things
Vocabulary	
Family, discrimination, Homophobia, Homosexual, Heterosexual, Same sex, Difference, Similarities, Culture, Respect, Bullying, Rumour, Name-calling, Racist, Homophobic, Cyber, Banter, Indirect, Direct, Cyber bullying, Responsibility, Charity,	

Year 5 PSHE Spring 1 Dreams and Goals	
Previous Learning In Year 4, the children considered their hopes and dreams. They discussed how it felt when dreams didn't come true and how to cope with/overcome feelings of disappointment. The children discussed making new plans and setting new goals even if they had been disappointed. The class explored group work and overcoming challenges together. They reflected on their successes and the feelings associated with overcoming a challenge.	
Sticky Knowledge	
1. Know about a range of jobs that are carried out by people I know 2. Know the types of job they might like to do when they are older 3. Know that young people from different cultures may have different dreams and goals 4. Know that they will need money to help them to achieve some of their dreams 5. Know that different jobs pay more money than others 6. Know that communicating with someone from a different culture means that they can learn from them and vice versa 7. Know ways that they can support young people in their own culture and abroad	
Lesson 1	Racism
Lesson 2	When I Grow Up (My Dream Lifestyle)
	I understand that I will need money to help me achieve some of my dreams
Lesson 3	Investigate Jobs and Careers
	To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs
Lesson 4	Dreams and Goals of Young People in Other Cultures
	To describe the dreams and goals of young people in a culture different to mine
Lesson 5	How can we support each other?

	To understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other
Vocabulary	
Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Co-operation, Difference	

Year 5 PSHE Spring 2 Healthy me	
Previous Learning In Year 4, the children looked at the friendship groups that they were part of, how they were formed, how they had leaders and followers, and what role they played. The children reflected on their friendships, how different people made them feel, and which friends they valued the most. The children also learned about smoking and its effects on health; they did the same with alcohol and then looked at the reasons why people might drink or smoke. Finally, they learned about peer pressure and how to deal with it successfully.	
Sticky Knowledge	
1. Know basic emergency procedures, including the recovery position 2. Know the health risks of smoking 3. Know how smoking tobacco affects the lungs, liver and heart 4. Know how to get help in emergency situations 5. Know that the media, social media and celebrity culture promotes certain body types 6. Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure 7. Know some of the risks linked to misusing alcohol, including antisocial behaviour 8. Know what makes a healthy lifestyle	
Lesson 1	Smoking
	To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart
Lesson 2	Alcohol
	To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart
Lesson 3	Emergency aid
	To know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations
Lesson 4	Body image

	To understand how the media, social media and celebrity culture promotes certain body types
Lesson 5	My relationship with food
	To describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures
Lesson 6	Healthy me
	know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy
Vocabulary	
Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation	

Year 5 PSHE Summer 1 Relationships	
Previous learning In Year 4, learning focused on the emotional aspects of relationships and friendships. With this in mind, children explored jealousy and loss/bereavement. They identified the emotions associated with these relationship changes, the possible reasons for the change, and strategies for coping with the change. The children learned that change is natural in relationships and they experienced (or may have already experienced) some of these changes. Children revisited skills of negotiation, particularly to help manage a change in a relationship. They also learned that sometimes it was better if relationships ended, especially if they caused negative feelings or were unsafe. Children were taught that relationship endings could be amicable.	
Sticky Knowledge	
1. Know that there are rights and responsibilities in an online community or social network 2. Know that there are rights and responsibilities when playing a game online 3. Know that too much screen time isn't healthy 4. Know how to stay safe when using technology to communicate with friends 5. Know that a personality is made up of many different characteristics, qualities and attributes 6. Know that belonging to an online community can have positive and negative consequences	
Lesson 1	Recognising me
	To know how to give an accurate picture of who I am as a person in terms of my characteristics and personal qualities.
Lesson 2	Self awareness
	To know the importance of being respectful to everyone and to

	recognise and care about other people's feelings. To know how to challenge another person's viewpoint if appropriate.
Lesson 3	Safety with online communities
	To know that belonging to an online community can have positive and negative consequences (including people I do not know) To know that there are rights and responsibilities in an online community/ social network or when playing an online game.
Lesson 4	My relationship with technology - screen time
	To know how to recognise when I am spending too much time using devices.
Lesson 5	Staying safe in relationships online
	To know what boundaries are appropriate in friendships with peers and others both on and offline.
Lesson 6	Keeping myself safe online
	To know how to stay safe when using technology to communicate with my friends. To know people who look after me, my networks and who to go to if I am worried about anything on or offline and how to attract their attention.
Vocabulary	
Characteristics, Personal qualities, Attributes, Self-esteem, Responsibility, Being responsible, Age restriction, Devices, screen-time, social, off line, mental health, physical health, Personal information, safe, online, choices, vulnerable, risk, rights, responsibilities, grooming, Age restriction, community, violence, appropriate, gambling/betting, trustworthy	

Year 5 PSHE Summer 2 Sex Education
Previous learning In Year 4 children were taught that when a female reaches puberty she will start to menstruate roughly once every month and this is preparing the body to carry a baby when she is an adult. Children are taught that personal hygiene would need great attention during puberty and into adulthood and ways in which they can help themselves with this. Children learned to understand that changes to the body physically can also impact on changes of emotions and that this is a normal part of the body's changes.
Sticky Knowledge
1. Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally 2. Know that sexual intercourse can lead to conception 3. Know what perception means and that perceptions can be right or wrong

Lesson 1&2	Self and body image
	To know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.
Lesson 3&4	Conception
	To know that conception happens when an egg and sperm meet.
Lesson 5	Alternative means of conception
	To know what perception means and that perceptions can be right or wrong.
Vocabulary	
Puberty, sperm, testicles, penis, foreskin, wet dream, ejaculation, larynx, facial hair, pubic hair, growth spurt, hormones, menstruation, periods, puberty, female, change, sanitary products, vagina, vulva, egg, fallopian tube, hormones, breasts, hair, hips, reproductive cycle, erection, genitals. conception, having sex, embryo, relationships, contraception, fertilised, unfertilised, pregnancy, fallopian tube, embryo, foetus, Body-image, self-image, characteristics, looks, personality, perception, self-esteem, affirmation, comparison	