

PSHE

Year 5 – Autumn 1

Health and Wellbeing

In this unit of work, pupils learn...

- How to recognise and respect similarities and differences between people and what they have in common with others.
- That there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes).
- How individuality and personal qualities make up someone's identity.
- About stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others.
- How to challenge stereotypes and assumptions about others.

PSHE

Year 5 – Autumn 2

Living in the wider world

In this unit of work, pupils learn...

- How people make decisions about spending and saving money and what influences them.
- How to keep track of money so people know how much they have to spend or save.
- How people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans).
- How to recognise what makes something 'value for money' and what this means to them.
- That there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions.

PSHE

Year 5 – Spring 1

Relationships

In this unit of work, pupils learn...

- How people's behaviour affects themselves and others, including online.
- How to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return.
- About the relationship between rights and responsibilities.
- About the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt).
- The rights that children have and why it is important to protect these.
- That everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination.
- How to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns.

PSHE

Year 5 – Spring 2

Living in the wider world

In this unit of work, pupils learn...

- That there is a broad range of different jobs and people often have more than one during their careers and over their lifetime.
- That some jobs are paid more than others and some may be voluntary (unpaid).
- About the skills, attributes, qualifications and training needed for different jobs.
- That there are different ways into jobs and careers, including college, apprenticeships and university.
- How people choose a career/job and what influences their decision, including skills, interests and pay.
- How to question and challenge stereotypes about the types of jobs people can do.
- How they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions.

PSHE

Year 5 – Summer 1

Health and Wellbeing

In this unit of work, pupils learn...

- How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions.
- That if someone has experienced a head injury, they should not be moved.
- When it is appropriate to use first aid and the importance of seeking adult help.
- The importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services.

SUMMER WORKSHOP: Separate planning with Saskia Boujo.

- About puberty and how bodies change during puberty.
- How puberty can affect emotions and feelings.
- How personal hygiene routines change during puberty.
- How to ask for advice and support about growing and changing and puberty.

PSHE

Year 5 – Summer 2

Health and Wellbeing

In this unit of work, pupils learn...

- How drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and Wellbeing.
- That some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal and how laws surrounding the use of drugs exist to protect them and others.
- Why people choose to use or not use different drugs.
- How people can prevent or reduce the risks associated with them.
- That for some people, drug use can become a habit which is difficult to break.
- How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use