

PSHE/RSE Scheme of Work														
Year 5 - Living in the Wider World														
Teaching and Learning	Autumn 1							Autumn 2						
	Topical issues, problems and events concerning health and wellbeing	Rules and laws including human rights for adults and children	Cultural practises in different traditions/communities	Consequences of anti-social and aggressive behaviour	Responsibilities, rights and duties	How to resolve differences, make decisions and explain choices	Explore a range of national, regional, religious and ethnic identities in the UK	How the media present information	Rights, responsibilities and duties towards the environment	Varied institutions that support communities locally	The role of voluntary, community and pressure groups	Lives of people living in other places	How finances play important parts in people's lives	Enterprising skills
Notes/RSE	-Mental wellbeing (PM1) -Recognise and talk about a range of emotions (PM1) -Mutual respect (RE3)	→Human rights take precedence over other national laws, family and community practices -Except respect in the wider community (RE3)	→Some of which are illegal -Mutual respect (RE3) -Seeking advice for others (RE5) -Respecting others from different backgrounds (RE3)	-Recognising emotions (PM1) -Appropriate behaviour (PM1) -To recognise that their behaviour can affect others (RE2)		-Mutual respect (RE3) -Recognise and talk about a range of emotions (PM1)	-Respecting others from different backgrounds (RE3)	→Stereotypes and bias -How data is shared and used online (RE4) -Risk associated with online information (RE4) -Why social media is age restricted (PM2) -Being a discerning consumer of online information (PM2)	→Do these change as we grow up? →Allocation of Earth's resources			→Differing lifestyles	→Loans, debt and tax →Money management	
PSHE Assoc	Year: 5 Core Theme: 3 Grid: A	Year: 5 Core Theme: 3 Grid: B, C + D	Year: 5 Core Theme: 3 Grid: E	Year: 5 Core Theme: 3 Grid: F	Year: 5 Core Theme: 3 Grid: G	Year: 5 Core Theme: 3 Grid: H	Year: 5 Core Theme: 3 Grid: I	Year: 5 Core Theme: 3 Grid: J	Year: 5 Core Theme: 3 Grid: K + O	Year: 5 Core Theme: 3 Grid: L	Year: 5 Core Theme: 3 Grid: M	Year: 5 Core Theme: 3 Grid: N	Year: 5 Core Theme: 3 Grid: P + Q	Year: 5 Core Theme: 3 Grid: R

PSHE/RSE Scheme of Work														
Year 5 - Relationships														
Teaching and Learning	Spring 1							Spring 2						
	How to respond to a wide range of feelings	When to keep a secret	Managing dares	What makes a positive, healthy relationship	What makes a negative relationship	To recognise how our actions affect others	Different types of relationships	Acceptable/unacceptable physical contact	Working collaboratively	Negotiations and compromise	Managing and maintain relationships	Similarities and differences between people	Challenging stereotypes	Discrimination, teasing and bullying
Notes/RSE	PM1	-Who to trust and who not to trust (RE2) -Being safe, boundaries, concepts of privacy, safe and unsafe touch, appropriate and inappropriate contact, how to respond and report concerns or abuse (RE5)	- Recognising feelings and appropriate actions (PM1) -Being safe (RE5)	-Families and special people (RE1) -Caring friendships (RE2) -Mutual respect (RE3) -Online relationships (RE4) -Mental wellbeing (PM1)	→When and how to end these amicably -Mental wellbeing (PM1) -Friendships have ups and downs but resorting to violence is never right (RE2)	-To recognise that their behaviour can affect others (RE2)	→Friends, families, couples, marriages, civil partnerships -Families and special	→PANTS rule -Who to trust and who not to trust (RE2) -Being safe, boundaries, concepts of privacy, safe and unsafe touch, appropriate and inappropriate contact, how to respond and report concerns or abuse (RE5)		→Skills needed to solve disputes →Benefits of negotiation and compromise -Mutual respect (RE3) -Voicing opinions and emotions (PM1)	→Communicating respectfully →What can happen if these go wrong -Families and special people (RE1) -Caring friendships (RE2) -Online relationships (RE4)	→Differing lifestyles →Why we value difference in people -Mutual respect (RE3)	-Respecting others from different backgrounds (RE3)	→Trolling and cyber bullying -Impact of bullying and how to report (RE3) -Cyberbullying and trolling can have a negative affect on mental health (PM2)
PSHE Assoc	Year: 5 Core Theme: 2 Grid: A	Year: 5 Core Theme: 2 Grid: B	Year: 5 Core Theme: 2 Grid: C	Year: 5 Core Theme: 2 Grid: D	Year: 5 Core Theme: 2 Grid: D	Year: 5 Core Theme: 2 Grid: E	Year: 5 Core Theme: 2 Grid: F	Year: 5 Core Theme: 2 Grid: G	Year: 5 Core Theme: 2 Grid: H	Year: 5 Core Theme: 2 Grid: I	Year: 5 Core Theme: 2 Grid: J	Year: 5 Core Theme: 2 Grid: K	Year: 5 Core Theme: 2 Grid: L	Year: 5 Core Theme: 2 Grid: M

PSHE/RSE Scheme of Work

Year 5 – Health and Wellbeing

Teaching and Learning	Summer 1							Summer 2						
	Understand school rules for health and safety and recognise what to do in an emergency	Goal setting and aspirations	Growing independence and responsibility	Personal safety including an online presence	Dealing with bereavement and loss	Risk within a familiar setting and how to manage risk	Types of pressure	What is a habit and why are they hard to break?	Identify commonly available substances and drugs (including alcohol and tobacco)	*Puberty Physical and emotional changes	*Puberty Strategies for managing personal hygiene	*The human life cycle	*Differences between male and female bodies	*How a baby develops in the womb
Notes/RSE	-Being safe (RE5) -Health and prevention (PM6) -How to contact emergency services and basic first aid concepts (PM7)		→What does it mean to be an adult?	-Internet safety and harms (PM2) -Being safe (RE5) -Health and prevention (PM6) -How to contact emergency services and basic first aid concepts (PM7)	-Discuss a wide range of emotions (PM1) -How to seek support (PM1)	-People who care for me (RE1) -Trusted adults (RE2) -Where to seek support (PM1) -Where to seek support (PM1) -Respectful relationships (RE3)	-Trusted adults (RE2) -Where to seek support (PM1) -Drugs, alcohol and tobacco (PM5)	-Discuss a wide range of emotions (PM1) -Drugs, alcohol and tobacco (PM5)	→Understand some drugs are illegal and some are not -Drugs, alcohol and tobacco (PM5)	-Changing adolescent bodies, facts about puberty, physical and emotional changes, menstrual wellbeing and the menstrual cycle (PM8) -Personal hygiene, including dental (PM6) -To discuss a range of emotions and feelings (PM1)	→Changes as humans develop to old age →Links to Science	→Vocabulary for internal and external genitalia →Why female and male bodies are needed for reproduction	→How babies can be made in different ways →Adoption, surrogacy etc	
PSHE Assoc	Year: 5 Core Theme: 1 Grid: H	Year: 5 Core Theme: 1 Grid: B	Year: 5 Core Theme: 1 Grid: K	Year: 5 Core Theme: 1 Grid: J	Year: 5 Core Theme: 1 Grid: D	Year: 5 Core Theme: 1 Grid: I	Year: 5 Core Theme: 1 Grid: L	Year: 5 Core Theme: 1 Grid: M	Year: 5 Core Theme: 1 Grid: N	Year: 5 Core Theme: 1 Grid: E	Year: 5 Core Theme: 1 Grid: E	Year: 5 Core Theme: 1 Grid: F	Year: 5 Core Theme: 1 Grid: F	Year: 5 Core Theme: 1 Grid: F