



Long Term Curriculum Overview 2019-20/21

Subject: PSHE

Year: 5

'We create a nurturing environment which both inspires and challenges our whole school family, equipping our children to have high aspirations to: 'Dream big, love God and live well.'

	Au1 Koinonia Democracy Healthy Lifestyle/ Health and Wellbeing	Au2 Generosity Individual Liberty Living in the Wider World - respecting environment/ responsibility/money	Spr1 Hope Rule of Law Health and Wellbeing – Understand risk/ resisting Pressure	Spr2 Friendship Tolerance of Other Beliefs Relationships – what is a healthy relationship?	Su1 Respect Mutual Respect Relationships – How to respect equality and diversity Living in the Wider World- Human rights etc.	Su2 Thankfulness All British Values Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.
Week 1 To always explore the British Value of the Term	British Value Democracy	British Value Individual Liberty	British Value Rule of Law	British Value Tolerance of Other Beliefs 27 th February-11 th March Fair-Trade Fortnight	British Value Mutual Respect	British Value All British Values 3 rd June Child Safety Week
Week 2	What makes me wonderful? <ul style="list-style-type: none"> To recognise individuality and qualities To identify personal strengths and skills 	Shared Responsibilities <ul style="list-style-type: none"> To recognise human rights, that are there to protect everyone The relationship between rights and responsibilities How we show care and concern for people and living things. Anti bullying Week	Mental Health <ul style="list-style-type: none"> Like physical health – part of daily life, importance of taking care of mental health Strategies and behaviours to support mental health Recognise that feelings can change overtime/ The importance of expressing feelings Children’s Mental Health Awareness	Friendships & Relationships <ul style="list-style-type: none"> Understanding levels of friendship Peer Pressure and Social Influences How to effectively resolve conflicts Diversity in families ‘Valuing all God’s Children’ Recognising different types of relationships/marriage and civil partnerships 8 th March International Women’s Day	Diversity How are we similar? How are we different? <ul style="list-style-type: none"> Recognising self respect and how we treat others To listen and respond respectfully – including traditions, beliefs and lifestyles 18 th May Mental Health Awareness Week	Ourselves, Growing and Changing <ul style="list-style-type: none"> Explore the physical and emotional changes that happen when approaching and during puberty. Key facts about Puberty – explore misconceptions (A chance for the children to openly discuss worries etc.)
Week 3	Aspirations <ul style="list-style-type: none"> Big and Small, short and long term goals New opportunities/responsibilities that increasing 				Stereotyping Equality <ul style="list-style-type: none"> Gender Human rights Discrimination of 	Keeping Myself Safe First Aid

	independence may bring.		Week		individuals and communities.	
Week 4	Role Models What can we learn from them? <ul style="list-style-type: none"> Managing setbacks/perceived failures 	Community <ul style="list-style-type: none"> What does living in a community group mean? The different contributions that people and groups make to a community How to effectively resolve conflicts? 	Ourselves Growing and Changing <ul style="list-style-type: none"> Healthy Eating – Maturing Bodies Dental Care Keeping clean/ Hygiene. 	Keeping Safe <ul style="list-style-type: none"> Identifying controlling behaviours associated with peer pressure. Expect Respect Teaching (Priority) <ul style="list-style-type: none"> Unwanted physical contact/strategies to use 	UN Rights of the Child (UNCRC) – Unicef UK	Feelings and Emotions <ul style="list-style-type: none"> How to prepare and understand our changing emotions Strategies to respond to feelings and express them appropriately
Week 5	1st October – Black History Month	19th Oct - International Men's Day		Keeping Safe <ul style="list-style-type: none"> Seeking Permission and the meaning of Consent 	Consolidation – How to show respect and avoid conflict. (Revisit Tolerance)	Transition to Year 6 <ul style="list-style-type: none"> Exploring new expectations and responsibilities Assessing risk and how to manage this (Summer Holidays)
Week 6	Consolidation How to achieve our personal goals. <ul style="list-style-type: none"> Who will support us? Who are our trusted adults? 	Economic Wellbeing <ul style="list-style-type: none"> To recognise that people have different attitudes towards saving – what influences peoples decisions? How people's spending can affect others and the environment – fair-trade, single use plastic, giving to charity etc. 	Internet Safety Day <ul style="list-style-type: none"> Safety Online – responding appropriately and safely. Excessing Gaming 			
Week 7						