


Medium Term Curriculum Overview 2021/22 – Autumn Term

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
Week 1 To always explore the British Value of the Term	<p>British Value Democracy</p> <ul style="list-style-type: none"> To understand the meaning of Democracy <p>We are a class family'</p> <ul style="list-style-type: none"> To understand Class Routines/Expectations To know who can keep us safe in our classroom and at Bishop King To understand the learning day To know how to express themselves 'All About Me' 	<p>British Value Individual Liberty</p> <ul style="list-style-type: none"> To understand the meaning of Individual Liberty <p>'We are all equal'</p> <p>Can I identify and respect the differences and similarities between people?</p> <ul style="list-style-type: none"> To understand diversity within a community and learn how we respect people who are different to us? (BLM Movement) (Gender Equality) (LGBTQ+ Equality) <p>Can I understand and challenge stereotypes?</p> <ul style="list-style-type: none"> To understand the challenges that stereotyping can bring. To know stereotyping can restrict opportunity and opinions. <p>Using 'Valuing All God's Children' for support if needed.</p> 

Week 2	<p style="text-align: center;">Exploring Mental Health Can I recognise feelings in myself?</p> <ul style="list-style-type: none"> To understand and recognise and name different feelings To know how feelings can affect people's bodies and how they behave To know how to recognise what others might be feeling (exploring empathy) <ul style="list-style-type: none"> To know and understand what coping strategies work for us. To understand and prepare for our changing emotions as our bodies change. To know how to overcoming mistakes and learning from them 	<p style="text-align: center;">'Shared Responsibilities'</p> <ul style="list-style-type: none"> To learn and understand what and why rules are needed, and to know why different rules are needed for different situations To understand what are our own responsibilities and to know my shared and own responsibility in school, community and home. To understand our responsibility in caring for others and all living things <p style="text-align: center;">Can I understand that I have to take responsibility for my choices?</p> <p style="text-align: center;">Shared Responsibilities</p> <ul style="list-style-type: none"> To understand and recognise human rights, that are there to protect everyone. To understand the relationship between rights and responsibilities To know how we show care and concern for people and living things.
Week 3	<p style="text-align: center;">'Keeping Healthy (Physically and Mental Wellbeing)'</p> <ul style="list-style-type: none"> To understand what it means to be healthy, physically and healthy. To know how to keep healthy and to learn how to keep myself healthy physical and mentally <p style="text-align: center;">Mindfulness/Exploring Mental Health for Younger Children</p> <p style="text-align: center;">Can I recognise my own feelings?</p> <ul style="list-style-type: none"> To understand how experiencing 'bad' feelings help me move forward. (Resilience) 	<p style="text-align: center;">"Community"</p> <ul style="list-style-type: none"> To know and understand why look after our local environment, Bishop King. To know and understand why we keep safe in the local environment, Sincil Bank. To know and understand why we look after our wider world. <p style="text-align: center;">Can I discuss why we should not judge people by their appearances or lifestyle</p> <ul style="list-style-type: none"> To have an understanding about the meaning of stereotyping and how this can discriminate against those

	<ul style="list-style-type: none"> To know that bad feelings don't last forever, but we must experience them to prevent us from feeling that way again. To know who can help me and how can I help myself? 	<p>of different gender, race, faith or sexuality.</p> <p>Equality</p> <ul style="list-style-type: none"> To understand and know the meaning of Human rights To know and understand discrimination of individuals and communities, how we can reduce discrimination by exploring British Values
Week 4	<p>Keeping Safe -Exploring First Aid'</p> <ul style="list-style-type: none"> To understand and know how to keep safe at home. To understand risk in simple everyday situations and what actions to take to minimise harm. <p>Keeping Safe</p> <ul style="list-style-type: none"> To understand the meaning of seeking Permission and the meaning of Consent. To understand and know our own opinions of appropriate touch is. To understand the pressure and risk of 'unwanted' physical and emotional contact and what to do in these scenarios To know what he risks and factors of peer pressure are. To know and understand the confidence to have the ability to say 'No'. To know and understand how to resolve conflict independently and with support. 	<p>Can I understand the importance of looking after the environment? (Plastic pollution)</p> <ul style="list-style-type: none"> To understand how people's spending can affect others and the environment – fair-trade, single use plastic, giving to charity etc. To understand how to ensure sustainability. To understand and know ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)
Week 5	<p>Exploring Friendships'</p>	<p>6</p>

	<p>Can I explain what makes a good friend/How to make and maintain friendships?</p> <ul style="list-style-type: none"> • To understand and know strategies to problem solve social problems • To understand and explore a variety of social skills to support with trusting each other, but understanding trust can be gained and broken. • To understand those opinions may differ and how tolerance can support with this. 	<p>UN Rights of the Child (UNCRC) – Unicef UK</p> <ul style="list-style-type: none"> • To understand the ‘Rights of the Child’ (to know the meaning of equality and what this means for children) • To understand and know the risk to children living in the wider world • To understand deprivation in lower-income countries and the effects this has on children (COVID-19, Education etc.) •
Week 6	<p>How do I keep myself physically and emotionally safe?</p> <ul style="list-style-type: none"> • To know what makes a ‘real’ friend. • To understand the meaning of wellbeing and to know that mental health is as important as physical health. <p>My Safe Adult’</p> <ul style="list-style-type: none"> • To understand and know who how supports us in school and out of school? • To understand how to contact support in the community. • To know outside agencies NSPCC, Childline, Kooth and other support services are accessible to children. 	<p>Can I understand how I might hurt others feelings?</p> <ul style="list-style-type: none"> • To understand how my actions and behaviours can hurt others. • To understand how to take responsibility for my behaviours. • To know how trust works in a relationship (including friendship) • To understand how trust can be broken and gained. • To understand the idea of self-respect and to know how to treat others respectfully.

Week 7	<p>What makes me Wonderful?</p> <ul style="list-style-type: none"> • To understand and know what is our individuality and personal qualities etc. • To understand and know what are our personal strengths/interests are by understand and exploring self-worth. 	<p>My Support Network – (Review)</p> <ul style="list-style-type: none"> • To understand and know which adults can help me • To know which members of the community can help me • To know which friends can help me. • To understand how could I help myself