PSHE Curriculum Map – Year 5 - 2023

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| **Autumn 1****Family and Relationships****Lesson 1 – Build a friend - To understand how to form and maintain positive relationshipsCaring friendships** >Pupils should know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems.**Lesson 2 – Friendship skills - To explore the ups and downs of friendships**How important friendships are in making us feel happy and secure, and how people choose and make friendsThat most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.**Lesson 3 – Marriage - To understand the concept of marriage**Pupils should know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.**Lesson 4 – Respecting myself - To begin to understand self-respectRespectful relationships**> Pupils should know the importance of self-respect and how this links to their own happiness**Lesson 5 – Family life - To begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happensFamilies and people who care for me >** Pupils should know that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.**Families and people who care for me >** Pupils should know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.**Lesson 6 – Bullying - To understand more about bullying and how to get helpRespectful relationships** > Pupils should know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.**Lesson 7 – Stereotyping – Gender - To recognise how attitudes to gender have changed over time**What a stereotype is, and how stereotypes can be unfair, negative or destructive. |

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| **Autumn 2****Finish healthy relationshipsLesson 8 – Stereotypes – Race and religion**What a stereotype is, and how stereotypes can be unfair, negative or destructiveActivists – Martin Luther KingScientists – Rachel CarsonExplorers – Francis DrakeSports/Artists – Colin KaepernickLocal – Ellie SimmonsAmbitious – Stan Lee |

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| **Spring 1****Health and Well-Being*** **Lesson 1 – Relaxation – Yoga - To use yoga poses and breathing to relax**Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
* That mental wellbeing is a normal part of daily life, in the same way as physical health.

**Lesson 2 – The importance of rest -To understand the benefits of sleep**The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.**Lesson 3 – Embracing failure - To understand the purpose of failure**Pupils should know that mental wellbeing is a normal part of daily life, in the same way as physical health.**Lesson 4 – Going for goals - To learn how to set short-term, medium-term and long-term goals**L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcome* **Lesson 5 – Taking responsibility for my feelings - To use vocabulary to describe their feelings and take responsibility for them**That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
* How to judge whether what they are feeling and how they are behaving is appropriate and proportionate**Lesson 6 – Healthy meals - To understand and be able to plan healthy meals**What constitutes a healthy diet (including understanding calories and other nutritional content)The principles of planning and preparing a range of healthy mealsThe characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)

**Lesson 7 – Sun safety - To understand risks associated with the sun and how these can be avoided**Health and prevention > about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer |

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| **Spring 2****Safety and the Changing Body*** **Lesson 1 – Online Friendships - To begin to understand some issues related to online friendships including the impact of their actions**How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.

**Lesson 2 – Staying safe online - To learn about staying safe online*** **Lesson 3 – Puberty - To understand physical changes during puberty – covered by school nurse so you do not need to re-teach this unless there is anything you want to re-cap.**Changing adolescent body > key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
* Science: Y5 > Animals including humans: describe the changes as humans develop to old age.
* **Lesson 4 – Menstruation - To understand the menstrual cycle - – covered by school nurse so you do not need to re-teach this unless there is anything you want to re-cap.**Changing adolescent body > key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
* Science: Y5 > Animals including humans: describe the changes as humans develop to old age.
* **Lesson 5 – Emotional changes in puberty - To understand emotional changes during puberty - – covered by school nurse so you do not need to re-teach this unless there is anything you want to re-cap.**Changing adolescent body > key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
* Science: Y5 > Animals including humans: describe the changes as humans develop to old age.
* **Lesson 6 – First Aid – Bleeding - To understand how to help someone who is bleeding**How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.**Lesson 7 – Alcohol, drugs and tobacco: Making decisions - To begin to understand the influence others have on us and how we can make our own decisions**How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
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| **Summer 1****Citizenship****Lesson 1 – Breaking the law - To begin to understand what happens when the law is broken**to recognise reasons for rules and laws; consequences of not adhering to rules and laws.‘**Lesson 2 – Right and responsibilities - To explore the links between rights and responsibilitiesL3.** about the relationship between rights and responsibilities.‘**Lesson 3 – Protecting the planet - To understand how reducing our use of materials and energy will help the environmentL5.** 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) ‘**Lesson 4 – Contributing to the community - To understand how we recognise and value the contribution people make to the communityL7.** to value the different contributions that people and groups make to the community’**Lesson 5 – Pressure groups - To recognise the role of pressure groups**what democracy is, and about the basic institutions that support it locally and nationally;’**Lesson 6 – Parliament - To begin to understand how parliament works**what democracy is, and about the basic institutions that support it locally and nationally;’ |

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| **Summer 2****Economic Wellbeing****Lesson 1 – Borrowing - To understand that a loan can be a way to pay for things but that it needs to be repaid**L17. about the different ways to pay for things and the choices people have about this  and L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe**Lesson 2 – Income and expenditure - To understand income and expenditure and how to track money**L18. to recognise that people have different attitudes towards saving and spending money; what influences people’s decisions; what makes something ‘good value for money’ and L21. different ways to keep track of money**Lesson 3 – Rise with money - To understand some risks associated with money**L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe and L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations**Lesson 4 – Prioritising spending - To understand how to put together a weekly budget**L20. to recognise that people make spending decisions based on priorities, needs and wants and L24. to identify the ways that money can impact on people’s feelings and emotions**Lesson 5 – Stereotypes in the workplace - To understand that stereotypes can exist in the workplace but they should not affect people’s career aspirations**L27. about stereotypes in the workplace and that a person’s career aspirations should not be limited by them |

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| **Family and Relationships**attributesbullyingbystandercyberbullyingmarriagesecretwedding | **Health and Wellbeing**failgoalprotectrelaxationresponsibilitysteps | **Safety and the changing body** AttractionBladderBreastsCervixDecisionEgg or ovaEjaculationErectionFallopian tubeFriendInfluenceLabiaMenstruation/periodNipplesOvary/ovariesPrivatePubertyPubic hairScrotumTesticles/testesVaginaVulva |
| **Citizenship**DefendantEnvironmentFreedom of expressionGovernmentHouse of CommonsHuman rightsJudgeJuryMember of Parliament (MP)ParliamentPressure groupPrime MinisterTrial | **Economic Well-being**DiscriminationExpenditureGiving backIncomeInterestRepayment |  |