



Harehills Primary School Personal Social Health Education (PSHE) overview

Year 5		
Autumn 1	Spring 1	Summer 1
MindMate: Feeling Good & Being Me	MindMate: Life Changes	MindMate: Being the Same & Being Different
<p style="text-align: center; color: #ff8c00; font-weight: bold;">Physical health and wellbeing: In the media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> that messages given on food adverts can be misleading about role models about how the media can manipulate images and that these images may not reflect reality <p style="text-align: center; color: #000080; font-weight: bold;">Online safety</p> <ul style="list-style-type: none"> how we can be pressured in to sending images and how to manage this. 	<p style="text-align: center; color: #008000; font-weight: bold;">Keeping safe and managing risk: When things go wrong</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about keeping safe online that violence within relationships is not acceptable about problems that can occur when someone goes missing from home 	<p style="text-align: center; color: #000080; font-weight: bold;">Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about stereotyping, including gender stereotyping about prejudice and discrimination and how this can make people feel <p style="text-align: center; color: #800080; font-weight: bold;">Inclusion, belonging & addressing extremism (see lesson 3)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about how negative stereotypes can influence behaviours and attitudes towards different groups of people
<p style="color: #ff8c00; font-weight: bold;">Mindfulness</p>	<p style="color: #ff8c00; font-weight: bold;">Mindfulness</p>	<p style="color: #ff8c00; font-weight: bold;">Mindfulness</p>
Autumn 2	Spring 2	Summer 2
MindMate: Friends & Family	MindMate: Strong Emotions	MindMate: Solving Problems - Making it Better
<p style="text-align: center; color: #00b0f0; font-weight: bold;">Growing and Changing: Physical and emotional changes in puberty</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> to recognise changes that happen in someone's life and can explain why puberty is an important time of change. about the physical changes that happen during puberty. about the changes that occur during puberty and why it is important to keep clean how puberty affects emotions and behaviour and can explore strategies for dealing with the changes associated with puberty. <p style="background-color: #90ee90; padding: 2px; display: inline-block; font-weight: bold;">Statutory content (also see science curriculum)</p>	<p style="text-align: center; color: #800000; font-weight: bold;">Alright Charlie</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> To identify the warning signs of grooming and CSE To identify at least one trusted adult they would talk to about grooming and CSE To explore how they would talk to this trusted adult <p style="text-align: center; color: #000080; font-weight: bold;">Additional lesson - Exploring Ramadan & fasting</p> <ul style="list-style-type: none"> I understand what fasting is and can consider why this is an important part of Ramadan. 	<p style="text-align: center; color: #800080; font-weight: bold;">Drug, Alcohol and Tobacco Education: Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis about different influences on drug use - alcohol, tobacco and nicotine products strategies to resist pressure from others about whether to use drugs - smoking drugs and alcohol
<p style="color: #ff8c00; font-weight: bold;">Mindfulness</p>	<p style="color: #ff8c00; font-weight: bold;">Mindfulness</p>	<p style="color: #ff8c00; font-weight: bold;">Mindfulness</p>