



## Harehills Primary School Personal Social Health Education (PSHE) overview

Year 5		
Autumn 1	Spring 1	Summer 1
<b>MindMate: Feeling Good &amp; Being Me</b>	<b>MindMate: Life Changes</b>	<b>MindMate: Being the Same &amp; Being Different</b>
<p style="color: #e67e22; font-weight: bold;">Physical health and wellbeing: In the media</p> <ul style="list-style-type: none"> <li>that messages given on food adverts can be misleading</li> <li>about role models</li> <li>about how the media can manipulate images and that these images may not reflect reality</li> </ul> <p style="text-align: center; color: #e67e22;">Online safety</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>Ground rules activity/ How we can be pressured in to sending images and how to manage this</li> </ul>	<p style="color: #27ae60; font-weight: bold;">Keeping safe and managing risk: When things go wrong</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about keeping safe online</li> <li>that violence within relationships is not acceptable</li> <li>about problems that can occur when someone goes missing from home</li> </ul>	<p style="color: #3498db; font-weight: bold;">Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about stereotyping, including gender stereotyping</li> <li>about prejudice and discrimination and how this can make people feel</li> </ul> <p style="color: #9b59b6; font-weight: bold;">Inclusion, belonging &amp; addressing extremism (see lesson 3)</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about how negative stereotypes can influence behaviours and attitudes towards different groups of people</li> </ul>
<p style="color: #f1c40f;">Mindfulness </p>	<p style="color: #f1c40f;">Mindfulness </p>	<p style="color: #f1c40f;">Mindfulness </p>
Autumn 2	Spring 2	Summer 2
<b>MindMate: Friends &amp; Family</b>	<b>MindMate: Strong Emotions</b>	<b>MindMate: Solving Problems - Making it Better</b>
<p style="color: #3498db; font-weight: bold;">Growing and Changing: Physical and emotional changes in puberty</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>to recognise changes that happen in someone's life and can explain why puberty is an important time of change.</li> <li>about the physical changes that happen during puberty.</li> <li>about the changes that occur during puberty and why it is important to keep clean</li> <li>how puberty affects emotions and behaviour and can explore strategies for dealing with the changes associated with puberty.</li> </ul> <p style="background-color: #27ae60; color: white; padding: 2px; display: inline-block;">Statutory content (also see science curriculum)</p>	<p style="color: #9b59b6; font-weight: bold;">Drug, Alcohol and Tobacco Education: Different influences</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</li> <li>about different influences on drug use - alcohol, tobacco and nicotine products</li> <li>strategies to resist pressure from others about whether to use drugs - smoking drugs and alcohol</li> </ul> <p style="text-align: center; color: #9b59b6; font-weight: bold;">Additional lesson - Exploring Ramadan &amp; fasting</p> <ul style="list-style-type: none"> <li>I understand what fasting is and can consider why this is an important part of Ramadan.</li> </ul>	<p style="color: #e74c3c; font-weight: bold;">Alright Charlie</p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>To identify the warning signs of grooming and CSE</li> <li>To identify at least one trusted adult they would talk to about grooming and CSE</li> <li>To explore how they would talk to this trusted adult</li> </ul>
<p style="color: #f1c40f;">Mindfulness</p>	<p style="color: #f1c40f;">Mindfulness </p>	<p style="color: #f1c40f;">Mindfulness </p>