

Y5 PSHE CURRICULUM

5	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	Explore available services to support families and how to access them Understand what is meant by 'commitment' and what it looks like within a family	To explore positive and negative ways of communicating in a relationship To understand what constitutes a positive, healthy friendship and that this also applies to online friendships	Critically consider their online friendships including the risks of being friends with someone they have never met Understand the importance of being respectful online as you would face to face	Understand that everybody, including them, should be treated with respect by others (including online and/or anonymous) in school and the wider community To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves	Understand when to keep something confidential or secret, when to break confidence or share a secret To recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this	Consider what impact isolation and loneliness have on people and what you could do or who you could talk to if you needed to Understand how bullying (including cyber bullying) has a negative and lasting impact on wellbeing
Vocabulary	advice, agree, anxious, argue, behaviour, blended families, care, commitment, committed, confidence, confidential, conflict, dangerous, disagree, ending, fall out, family, family life, family structure, friendship, foster parents, help,	honest, influence, kept, living apart, living together, love, negative, peer, polite, positive, pressure, relationship, relationships, relatives, resist, resolution,	achieve, admire, attributes, bullying, care, classroom, collaborate, collaboration, collage, communicate, compromise, consequences, contribute, decisions, disagree, discrimination, ,	effective, emotional, emotions, excluding, feelings, function, goal harassment, health, honesty, hurtful, kind, kindness, listen, looked-after, opinion, outcome, patience, physical, respectful, responsibilities, roles,	respect, risky, same-sex parents, secrets, security, self-love, share, shared, single parents, stability, support, uncomfortable, unhealthy, wrong	scenario, sensitive, skills, social media, success, successful, support, team, teamwork, teasing, thoughts, trolling, uncomfortable, understanding, unkind, upsetting, valued
Skills	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Describe the effects exercise has on the body. Discuss the impact of diet, exercise, drugs and lifestyle on health.</p> <p>Internet Safety – Understand some of the ways that the internet may have a negative impact on mental health. Participate constructively in an online community and consider the effect of their online actions, displaying respectful behaviour</p> <p>Healthy Eating – Plan and prepare a healthy meal.</p> <p>Basic first Aid - Demonstrate ways of helping someone who is bleeding and how to seek further medical support.</p> <p>Health and Prevention - Demonstrate an understanding of good dental hygiene. Consider the importance of immunisations and vaccinations.</p> <p>Drugs, Alcohol and Tobacco - Legal and illegal drugs, Attitudes to drugs, Peer pressure</p>			<p>Sex and Relationship Education</p> <p>To understand male and female puberty changes in more detail. Explore the impact of puberty on the body and the importance of hygiene. Explore the emotional and physical changes occurring during puberty. Explore ways to get support during puberty.</p>		
						

