

## Year 5 PSHE Programme of Study – Autumn Term

	<b>Autumn Term</b>
<p><b>Relationships Education</b></p>	<p><b>Safe Speak – NSPCC Assembly</b> - <i>Do I understand personal boundaries? Can I identify what I am willing to share with my most special people; friends; classmates and others? Do I understand that we all have rights to privacy? Can I judge what kind of physical contact is acceptable or unacceptable and how to respond? Do I understand the concept of 'keeping something confidential or secret', when I should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'?</i></p> <p><b>Similarities and Differences</b> - <i>Do I understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability?</i>  <b>Prompt for discussion – Poem: The British by Benjamin Zephaniah</b></p> <p><b>Stereotypes</b> - <i>Can I recognise and challenge stereotypes?</i> <b>Prompt for discussion – Appearances</b></p> <p><b>Discrimination</b> - <i>Do I realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours?</i>  <b>Prompt for discussion – Cyber-Bullying</b></p> <p><b>Remembrance</b> - Citizenship focus</p> <p><b>Anti-Bullying</b> - <i>Do I know how to recognise bullying and abuse in all its forms?</i> <b>Prompt for discussion – Annual Anti-Bullying Week theme</b></p> <p><b>Human Rights</b> - <i>Do I understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child?</i> <b>Prompt for discussion – Book: For Every Child</b></p> <p><b>Disputes and Conflict</b> - <i>Can I develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as myself?</i></p> <p><b>Puberty and the Changing Adolescent Body (Girls)</b> – <i>Do I understand about menstrual wellbeing, including the key facts about the menstrual cycle?</i></p>
<p><b>Physical Health and Mental Wellbeing</b></p>	<p><b>Physical, Mental &amp; Emotional Health</b> - <i>Do I understand what positively and negatively affects me physical, mental and emotional health?</i></p>

## Year 5 PSHE Programme of Study – Spring Term

	<b>Spring Term</b>
<b>Relationships Education</b>	<b>People Living in Other Places – Comic/Sport Relief</b> - Citizenship focus
<b>Physical Health and Mental Wellbeing</b>	<p><b>Online Safety</b> - <i>Can I reflect on and celebrate my achievements, identify my strengths and areas for improvement and set high aspirations and goals? Do I recognise and display respectful behaviour online and understand the impact that negative online behaviour can have on mental health? Do I know how to report concerns and get support with issues online? Can I recognise how images in the media (and online) do not always reflect reality and how they can affect how people feel about themselves?</i></p> <p><b>Drugs</b> – <i>Do I know which, why and how, commonly available substances and drugs (including alcohol, tobacco and ‘energy drinks’) can damage my immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others?</i></p> <p><b>First Aid</b> - <i>Do I know basic emergency First Aid?</i></p>

## Year 5 PSHE Programme of Study – Summer Term

	<b>Summer Term</b>
<b>Relationships Education</b>	
<b>Physical Health and Mental Wellbeing</b>	<p><b>Sun Safe Assembly</b> - <i>Do I understand about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer?</i></p> <p><b>Healthy Eating</b> – <i>Can I recognise opportunities and develop the skills to make my own choices about food, understanding what might influence my choices and the benefits of eating a balanced diet? Do I understand what positively and negatively affects my physical health?</i></p> <p><b>Healthy Minds, Healthy Bodies</b> - <i>Do I understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness?</i></p>