

Year 5 PSHE Coverage

As citizens, we recognise and understand our own and other's needs so we can make informed choices about our wellbeing.						
Jigsaw Scheme Units	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Guidance	<p>The Relationship Education , Relationships and Sex Education and Health Education Statutory Guidance says that 'Schools are free to determine how to deliver the content set out in this guidance, in the context of a broad and balanced curriculum.'</p> <p>The Personal, Social, Health and Economic Education Guidance Feb 2020 says that, 'To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.'</p>					
Subject Focus	<p>This unit focuses on planning the forthcoming year and what being a citizen is. Rights and responsibilities we have and rewards and consequences that come with them. How behaviour affects groups is looked at and the idea of democracy- having a voice and participating.</p>	<p>All of the learning is based around cultural differences and how they can cause conflict. Racism is considered and the effects of rumours and name-calling are thought about. It looks at types of bullying and if material wealth and happiness are linked. Enjoying and respecting other</p>	<p>The focus is on future dreams and the importance of money. Jobs and careers are visited and they look at their dream job and how to get there. Goals in different cultures and supporting others through charity and motivation.</p>	<p>This helps children to understand the risks involved with smoking, including vaping, alcohol and anti-social behaviour. Emergency aid and body image are covered. Relationships with food and making healthy choices are covered and how these affect motivation and behaviour.</p>	<p>This unit examines self-recognition and self-worth. It helps to build their self-esteem. Safer online communities and their rights and responsibilities online are studied. Online gaming and gambling, reducing screen time and the dangers of online grooming are focused on. It looks at SMARRT internet safety rules.</p>	<p>The changing me unit looks at their self- and body image. Influence of online and media on body image is looked into. Puberty for girls and boys is taught along with conception (including IVF). Growing, responsibility and coping with change are key.</p>

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		cultures are promoted.				Preparing for transition into a new class.
Fab Five	<ol style="list-style-type: none"> 1. I can explain why we have rules rights and responsibilities. 2. I know I am responsible for my actions. 3. I understand that I am part of a wider community. 4. I know what direct and indirect bullying is. 5. I know why racism is unkind. 		<ol style="list-style-type: none"> 1. I can tell you some of my hopes and dreams. 2. I can reflect on how people in different countries have different hopes and dreams. 3. I can explain how food and substances play different roles in people's lives. 4. I know what body image pressure is. 5. I respect my body. 		<ol style="list-style-type: none"> 1. I can explain different types of friendship. 2. I can stay safe when using technology. 3. I can stand up for myself against peer pressure. 4. I know how our bodies change during puberty. I know how a baby is made. 5. I can express how I feel about my body changing. 	
Unit specific vocabulary	Education Appreciation Opportunities Goals Motivation Vision Hopes Challenge Rights Responsibilities Citizen Denied Empathise Refugee Persecution Conflict Asylum Migrant Wealth Poverty Prejudice Citizen Privilege Deprive Rewards Consequences	Culture Conflict Difference Similarity Belong Culture wheel Racism Colour Race Discrimination Culture Ribbon Bullying Rumour Name-calling Racist Homophobic Cyber bullying Texting Problem-solving Indirect Direct Happiness Difference Similarity Continuum	Dream Hope Goal Feeling Achievement Money Grown up Adult Lifestyle Job Career Profession Money Salary Contribution Society Determination Perseverance Motivation Aspiration Culture Country Sponsorship Communication Support Rallying Team work	Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Influence Emergency Procedure Recovery position Calm Level-headed Body image Media Social media Celebrity Altered Self-respect Comparison	Characteristics Personal qualities Attributes Self-esteem Responsibility/Being responsible Age-limit Social network Community Online Off line Rights Risky Age-limit Community Violence Appropriate Grooming Trolled Gambling/ betting Trustworthy	Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus Puberty Sperm Semen Testicles/Testes

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	Choices Learning Charter Cooperation Collaboration Participation Motivation Rewards Consequences	Developing world Discrimination Celebration Artefacts Display Presentation	Cooperation Difference	Eating problem Eating disorder Respect Pressure Debate Opinion Fact Choices Healthy lifestyle Motivation	Devices Screen time Social Off line Mental health Physical health Personal information Safe Online Choices Vulnerable Risk Grooming Rights Responsibilities	Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF) Teenager Milestone Perceptions Puberty Responsibilities Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious
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