Year 5 PSHCE Curriculum

Term	Pupils will learn about	Character Curriculum themes	Targeted RESPECT Characteristics	British Values
Autumn 1	**Me and My Relationships** Collaborative working, Give and take, How to be a good friend, What makes a healthy relationship, Being assertive Our emotional needs, Communication	**Tim Peake** How are we kept safe at school/work? How can we look after our mental health? How can we deal with setbacks? What does it mean to be lonely?	**Cooperation; courageous; care; self-disciplined; pride; listens; responsible** ✓ To give attention to someone who needs help ✓ To know how to look after themselves and their environment ✓ The importance of praise ✓ How to work together towards a shared goal ✓ Ø To see the purpose of rules and the responsibility of keeping to them	**Individual Liberty** Race, gender and ethnicity of space travellers **Democracy** Ancient Greece
Autumn 2	**Valuing Difference** Qualities of friendship, Kind conversations, Happy being me, Living in a diverse society, Can we always believe what we see online? Impact of positive and negative behaviour			
Spring 1	**Keeping Myself Safe** Habits, Decision dilemmas, Staying safe online, Drugs: true or false? Smoking: what is normal? Taking risks	**Ranulph Fiennes** How is achievement celebrated? How can we stay safe in extreme weather? What is first aid? What does charity mean?	**Fairness, friendship; respect; gracious; positive attitude; critical thinking; reflective** ✓ To use appropriate language to express themselves ✓ To recognise the importance of flexibility within friendships ✓ To be patient and think before acting ✓ The importance of appreciating other people ✓ To recognise the need to reduce waste	**Individual Liberty** Aspiration, perseverance and ambition
Spring 2	**Rights and Responsibilities** Who helps us stay healthy and safe? Human rights, How do we make a difference? Online influences, Role of the bystander in bullying, Organisations who care for the environment, Expenses, Why pay taxes?			
Summer 1	**Being my Best** Getting fit, Major body organs and their roles, Different skills; My school community, Independence and responsibility, Star qualities Basic first aid, including Sepsis Awareness	**Spartacus** Why should we follow instructions? What does freedom mean?	**Self-discipline; courtesy; selfcontrolled; determination; forgiveness; honest; compassionate.** ✓ To consider the needs and feelings of others ✓ About treating others as they would wish to be treated ✓ To be self-controlled even when under pressure ✓ To accept apologies and not hold grudges ✓ That honesty is the best policy	**Individual Liberty** Fighting for freedom
Summer 2	**Growing and Changing** Good and bad feelings and intensity, Taking notice of our feelings, Separation, More about puberty (Menstruation, erections, wet dreams, Female Genital Mutilation), Growing up and changing bodies, Help! I'm a teenager – get me out of here! Safe and unsafe secrets, stereotypes			

Red text is non-statutory and parents have the right to withdraw