



## Year Five PSHE/RSE Overview for the Year

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Term 1</b>	<p>Being me in my World</p> <p><b>Lesson 1: My Year Ahead</b></p> <p><b>LO:</b> To face new challenges positively and know how to set personal goals.</p> <p><b>Big Idea (Aspect):</b>  <b>Humankind (Setting goals)</b>  <b>Place (Diversity)</b></p>	<p>Being me in my World</p> <p><b>Lesson 2: Being a Citizen of My Country</b></p> <p><b>LO:</b> To understand my rights and responsibilities as a citizen of my country.</p> <p><b>Big Idea (Aspect):</b>  <b>Processes (Environment)</b>  <b>Place (Place in the world)</b>  <b>Nature (Rights of others)</b></p>	<p>Being me in my World</p> <p><b>Lesson 3: Year 5 Responsibilities</b></p> <p><b>LO:</b> To understand my rights and responsibilities as a citizen of my country and as a member of my school.</p> <p><b>Big Idea (Aspect):</b>  <b>Processes (Environment)</b>  <b>Place (Place in the world)</b>  <b>Nature (Rights of others)</b></p>	<p>Being me in my World</p> <p><b>Lesson 4: Rewards and Consequences</b></p> <p><b>LO:</b> To make choices about my own behaviour because I understand how rewards and consequences feel.</p> <p><b>Big Idea (Aspect):</b>  <b>Humankind (Unacceptable behaviour)</b>  <b>Significance (Relationships)</b></p>	<p>Being me in my World</p> <p><b>Lesson 5: Our Learning Charter</b></p> <p><b>LO:</b> To understand how an individual's behaviour can impact on a group.</p> <p><b>Big Idea (Aspect):</b>  <b>Creativity (Speaking, Listening and sharing)</b>  <b>Humankind (Unacceptable behaviour)</b>  <b>Significance (Relationships)</b></p>	<p>Being me in my World</p> <p><b>Lesson 6: Owning our Learning Charter</b></p> <p><b>LO:</b> To understand how democracy and having a voice benefits the school community and know how to participate in this.</p> <p><b>Big Idea (Aspect):</b>  <b>Creativity (Speaking, Listening and sharing)</b>  <b>Humankind (Unacceptable behaviour)</b>  <b>Significance (Relationships)</b></p>
<b>Term 2</b>	<p>Celebrating Difference</p> <p><b>Lesson 1: Different cultures</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 2: Racism</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 3: Rumours and name calling</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 4: Types of bullying</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 5: Does money matter?</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 6: Celebrating difference across the world</b></p>



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<b>Term 3</b>	<p><b>LO:</b> To understand that cultural differences sometimes cause conflict.</p> <p><b>Big Idea (Aspect):</b> <b>Place (Diversity)</b></p> <p>Comparison (Compare and contrast)</p> <p>Investigation (Issues, evidence and ideas)</p>	<p><b>LO:</b> To understand what racism is.</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Unacceptable behaviour)</b></p> <p>Place (Diversity)</p> <p>Comparison (Compare and contrast)</p> <p>Investigation (Issues, evidence and ideas)</p>	<p><b>LO:</b> To understand how rumour-spreading and name-calling can be bullying behaviours.</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Unacceptable behaviour)</b></p>	<p><b>LO:</b> To explain the difference between direct and indirect types of bullying.</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Unacceptable behaviour)</b></p>	<p><b>LO:</b> To compare my life with people in the developing world.</p> <p><b>Big Idea (Aspect):</b> <b>Place (Place in the world)</b></p> <p>Comparison (Compare and contrast)</p>	<p><b>LO:</b> To understand a different culture from my own.</p> <p><b>Big Idea (Aspect):</b> <b>Investigation (Issues, evidence and ideas)</b> <b>Processes (Environment)</b></p>
	<p>Dreams &amp; Goals</p> <p><b>Lesson 1: When I Grow Up (My Dream Lifestyle)</b></p> <p><b>LO:</b> To understand that I will need money to help me achieve some of my dreams</p> <p><b>Big Idea (Aspect):</b></p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 2: Investigate Jobs and Careers</b></p> <p><b>LO:</b> To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</p> <p><b>Big Idea (Aspect):</b></p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 3: My Dream Job. Why I want it and the steps to get there</b></p> <p><b>LO:</b> To identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it</p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 4: Dreams and Goals of Young People in Other Cultures</b></p> <p><b>LO:</b> To describe the dreams and goals of young people in a culture different to mine</p> <p><b>Big Idea (Aspect):</b></p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 5: How Can We Support Each Other?</b></p> <p><b>LO:</b> To understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of</p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 6: Rallying Support</b></p> <p><b>LO:</b> To encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship</p>



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	<p><b>Humankind (Setting goals)</b></p> <p><b>Materials (Consumers)</b></p>	<p><b>Place (Diversity)</b></p> <p><b>Materials (Consumers)</b></p>	<p><b>Big Idea (Aspect):</b></p> <p><b>Humankind (Setting goals)</b></p> <p><b>Place (Diversity)</b></p>	<p><b>Place (Place in the world)</b></p> <p><b>Comparison (Compare and contrast)</b></p>	<p>ways that we could support each other</p> <p><b>Big Idea (Aspect):</b></p> <p><b>Place (Diversity)</b></p> <p><b>Place (Place in the world)</b></p> <p><b>Comparison (Compare and contrast)</b></p> <p><b>Nature (Rights of others)</b></p>	<p><b>Big Idea (Aspect):</b></p> <p><b>Place (Place in the world)</b></p> <p><b>Creativity (Speaking, Listening, sharing)</b></p>
<p><b>Term 4</b></p>	<p>Healthy Me</p> <p><b>Lesson 1: We have made a healthy choice- smoking.</b></p> <p><b>LO:</b> To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart</p>	<p>Healthy Me</p> <p><b>Lesson 2: We have a healthy, balanced diet – alcohol.</b></p> <p><b>LO:</b> To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p>	<p>Healthy Me</p> <p><b>Lesson 3: We have been physically active – Emergence First Aid.</b></p> <p><b>LO:</b> To know and can put into practice basic emergency aid procedures (including recovery position) and know how to</p>	<p>Healthy Me</p> <p><b>Lesson 4: We have tried to keep ourselves and others safe – Body image.</b></p> <p><b>LO:</b> To understand how the media, social media and celebrity culture promotes certain body types</p> <p><b>Big Idea (Aspect):</b></p>	<p>Healthy Me</p> <p><b>Lesson 5: Know how to have good and healthy friendships- relationship with food.</b></p> <p><b>LO: To</b> describe the different roles food can play in people’s lives and can explain how people</p>	<p>Healthy Me</p> <p><b>Lesson 6: Know how to keep calm and deal with difficult situations.</b></p> <p><b>LO:</b> To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p>



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	<p><b>Big Idea (Aspect):</b>  <b>Humankind (Healthy Lifestyles)</b>  <b>Materials (Consumers)</b></p>	<p><b>Big Idea (Aspect):</b>  <b>Humankind (Healthy Lifestyles)</b>  <b>Materials (Consumers)</b></p>	<p>get help in emergency situations  <b>Big Idea (Aspect):</b>  <b>Humankind (Healthy Lifestyles)</b>  <b>Humankind (Staying Safe)</b></p>	<p><b>Humankind (Healthy Lifestyles)</b>  <b>Materials (Consumers)</b>  <b>Investigation (Media)</b></p>	<p>can develop eating problems (disorders) relating to body image pressures  <b>Big Idea (Aspect):</b>  <b>Humankind (Healthy Lifestyles)</b>  <b>Materials (Consumers)</b></p>	<p><b>Big Idea (Aspect):</b>  <b>Humankind (Healthy Lifestyles)</b>  <b>Materials (Consumers)</b></p>
<b>Term 5</b>	<p>Relationships</p> <p><b>Lesson 1: Recognising Me</b></p> <p><b>LO:</b> To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p><b>Big Idea (Aspect):</b>  <b>Comparison (Compare and Contrast)</b></p>	<p>Relationships</p> <p><b>Lesson 2: Safety with Online Communities</b></p> <p><b>LO:</b> To understand that belonging to an online community can have positive and negative consequences.</p> <p><b>Big Idea (Aspect):</b>  <b>Investigation (Media)</b></p>	<p>Relationships</p> <p><b>Lesson 3: Being in an Online Community</b></p> <p><b>LO:</b> To understand there are rights and responsibilities in an online community or social network</p> <p><b>Big Idea (Aspect):</b>  <b>Investigation (Media)</b></p>	<p>Relationships</p> <p><b>Lesson 4: Online Gaming</b></p> <p><b>LO:</b> To know there are rights and responsibilities when playing a game online</p> <p><b>Big Idea (Aspect):</b>  <b>Materials (Consumers)</b>  <b>Investigation (Media)</b></p>	<p>Relationships</p> <p><b>Lesson 5: My Relationship with Technology: screen time</b></p> <p><b>LO:</b> To recognise when I am spending too much time using devices (screen time)</p> <p><b>Big Idea (Aspect):</b>  <b>Materials (Consumers)</b></p>	<p>Relationships</p> <p><b>Lesson 6: Relationships and Technology</b></p> <p><b>LO:</b> To explain how to stay safe when using technology to communicate with my friends</p> <p><b>Big Idea (Aspect):</b>  <b>Materials (Consumers)</b>  <b>Investigation (Media)</b></p>



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<p><b>Term 6</b></p>	<p>Changing Me</p> <p><b>Lesson 1: Self and Body Image</b></p> <p><b>LO:</b> To be aware of my own self-image and how my body image fits into that</p> <p><b>Big Idea (Aspect):</b>  <b>Significance (Relationships)</b>  <b>Comparison (Compare and Contrast)</b></p>	<p>Changing Me</p> <p><b>Lesson 2: Puberty for Girls</b></p> <p><b>LO:</b> To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p><b>Big Idea (Aspect):</b></p>	<p>Changing Me</p> <p><b>Lesson 3: Puberty for boys</b></p> <p><b>LO:</b> To describe how boys' and girls' bodies change during puberty</p> <p><b>Big Idea (Aspect):</b></p>	<p>Changing Me</p> <p><b>Lesson 4: Conception</b></p> <p><b>LO:</b> To understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p><b>Big Idea (Aspect):</b>  <b>Significance (Significant people)</b>  <b>Significance (Relationships)</b>  <b>Change (Physical Development)</b></p>	<p>Changing Me</p> <p><b>Lesson 5: Looking Ahead 1</b></p> <p><b>LO:</b> To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p><b>Big Idea (Aspect):</b>  <b>Significance (Relationships)</b>  <b>Humankind (Setting Goals)</b></p>	<p>Changing Me</p> <p><b>Lesson 6: Looking Ahead 2</b></p> <p><b>LO:</b> To identify what I am looking forward to when I move to my next class.</p> <p><b>Big Idea (Aspect):</b>  <b>Change (Life changes)</b>  <b>Humankind (Setting Goals)</b></p>
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