



## Year 5 & 6 PSHE & RSHE CURRICULUM

### YEAR A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Our Happy School</b>	<b>Out and About</b>	<b>Looking Forward</b>	<b>Me, my Friends and Family</b>	<b>Healthy Bodies, Healthy Minds</b>	<b>Ready, Steady, Go</b>
<i>Establishing ground rules. The focus is on taking personal responsibility for behaviour and working with others.</i>	<i>Taking responsibility for being safe in various situations. Pupils explore stereotyping and discrimination.</i>	<i>The concepts of saving, budgeting and earning money are developed.</i>	<i>This unit is about the physical and emotional changes that occur in puberty. Y6 learn about conception and birth.</i>	<i>Healthy lifestyles - managing both physical and mental health to promote wellbeing.</i>	<i>Difficult changes, including loss and bereavement. Keeping safe and responding to emergencies.</i>
<p>L1: I know my rights &amp; responsibilities at school. <i>G&amp;M: Rules &amp; responsibilities</i></p> <p>L2: I know that I am valued and what I can do to develop myself.</p> <p>L3: I can act responsibly and try to achieve my goals.</p> <p>L4: I understand why we have different rules for different settings. <i>G&amp;M: Rules &amp; responsibilities</i></p> <p>L5: I can compromise, cooperate and collaborate with others.</p> <p>L6: I know what skills I need to use to work effectively.</p>	<p>L1: I know that different ways of behaving are appropriate in different types of relationships.</p> <p>L2: I can help other people resolve conflict.</p> <p>L3: I know about stereotyping and how it affects people. <i>G&amp;M: Communities</i></p> <p>L4: I know how discrimination can affect people. <i>G&amp;M: Communities</i></p> <p><b>ANTI-BULLYING WEEK</b> (L5): I know why online safety is important and the risks associated with cyber-bullying. <i>G&amp;M: Media/ digital resilience</i></p> <p><b>G&amp;M R-Ed Lesson 4: Prejudiced based bullying</b></p> <p>L6: I know about the consequences of antisocial behaviour.</p>	<p><b>Both G&amp;M Units on Money and Aspirations may be useful for this unit.</b></p> <p>L1: I have thought about how things would be different if we had no money.</p> <p>L2: I have thought about whether I am prepared to save for the things I want.</p> <p>L3: I can use a budget to help make decisions about how I spend my money.</p> <p>L4: I can compare the good and bad points of particular jobs.</p> <p>L5: I have thought about how essential services are paid for through tax.</p> <p>L6: I can explain some of the things involved in planning a trip.</p>	<p>L1: I know some positive things to do when I am feeling embarrassed.</p> <p>L2+L3: I know about the physical and emotional changes that happen in puberty (inc. menstruation) <i>L&amp;SM L3: Changing Bodies</i></p> <p>L4: I know how to keep myself clean and why personal hygiene is important. <i>G&amp;M H-Ed Lesson 3 Personal Hygiene</i></p> <p>(L5+L6) <b>G&amp;M S-Ed: Lessons 1-3</b> <b>How do people have sex? The impact of sex on well-being.</b> <b>Conception, gestation and the responsibility of having a baby.</b></p> <p><b>G&amp;M R-Ed Lesson 3: Relationships &amp; Marriage</b></p>	<p>L1: I can tell the difference between showing I am proud and boasting.</p> <p>L2: I can identify the different food groups needed to be healthy. <i>G&amp;M H-Ed Lesson 2 Healthy Eating</i></p> <p>L3: I can plan and budget for a healthy meal.</p> <p>L4: I know why alcohol should be drunk in moderation. <i>G&amp;M H-Ed Lesson 4 Knowing facts: alcohol</i></p> <p>L5: I have thought about the effects of smoking on people who smoke and those around them. <i>G&amp;M H-Ed Lesson 4 Knowing facts: smoking</i></p> <p>L6: I know that recognising negative feelings can help me to manage them. <i>G&amp;M H-Ed Lesson 1 Managing Feelings</i></p>	<p><b>Y5 can do this unit while Y6 do the transition unit from Year 6 (see below).</b></p> <p>L1: I know some of the feelings that people have about difficult changes.</p> <p>L2: I can give advice to someone about how to handle difficult change.</p> <p>L3: I understand what it feels like to lose someone close to us.</p> <p>L4: I understand why it is important to find ways to remember those who have passed away.</p> <p>L5: I know what situations are considered to be emergencies and how to get help.</p> <p>L6: I can act appropriately in an emergency and give basic first aid.</p>

## YEAR B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Our Happy School</b>	<b>Out and About</b>	<b>Looking Forward</b>	<b>Me, my Friends and Family</b>	<b>Healthy Bodies, Healthy Minds</b>	<b>Ready, Steady, Go</b>
<i>Pupils create ground rules to establish a constructive learning environment based on principles from previous years.</i>	<i>Taking responsibility for being safe in various situations. Pupils explore how to identify and manage risk.</i>	<i>Exploring choices that have to be made regarding money. Developing concepts of saving, budgeting and earning.</i>	<i>Sensitive issues such as loss, self-image, stereotyping and media influence. It considers choices people make and their consequences.</i>	<i>Managing risk and building resilience. Making choices and decisions around drugs and work/life balance.</i>	<i>Pupils reflect on their achievements and plan their 'legacy'. Y6 pupils explore feelings about transition to secondary school.</i>
<p>L1: I know that rights and responsibilities are linked. <i>G&amp;M: Rules &amp; responsibilities</i></p> <p>L2: I can get on with people I don't normally play with. <i>G&amp;M: Communities</i></p> <p>L3: I can cope with uncomfortable feelings in unfamiliar situations. <i>G&amp;M H-Ed Lesson 1 Managing Feelings</i></p> <p>L4: I know what helps me to learn best at school.</p> <p>L5: I have thought about what helps and hinders effective group work.</p> <p>L6: I know makes a group function well so that we can learn together.</p>	<p>L1: I know how to overcome assumptions about someone or something. <i>G&amp;M: Communities</i></p> <p>L2: I know different ways to resolve conflicts.</p> <p>L3: I know about online safety and cyber bullying. <i>G&amp;M: Media/ digital resilience</i></p> <p>L4: I know about online safety and cyber bullying. <i>G&amp;M: Media/ digital resilience</i></p> <p>L5: I can take responsibility for my own and others' safety.</p> <p>L6: I know about the consequences of anti-social behaviour and where to get help.</p>	<p><b>Both G&amp;M Units on Money and Aspirations may be useful for this unit.</b></p> <p>L1: I know that being happy does not rely on money.</p> <p>L2: I understand what 'value for money' means.</p> <p>L3: I know that profit is the difference between costs and selling price.</p> <p>L4: I can make decisions about value for money and setting the right price.</p> <p>L5: I understand that marketing helps to boost sales.</p> <p>L6: I can give examples of characteristics common to successful entrepreneurs.</p>	<p>L1: I know strategies to manage feelings associated with loss. <i>G&amp;M H-Ed Lesson 1 Managing Feelings</i></p> <p>L2: I know how self-image can be affected and how to deal with self-image issues. <i>G&amp;M: Media/ digital resilience</i></p> <p>L3: I know what stereotyping is and some ways to deal with it. <i>G&amp;M: Communities</i></p> <p>L4: I know what peer pressure is and some ways to deal/cope with it.</p> <p>L5: I know what the media is and how it can influence people. <i>G&amp;M: Media/ digital resilience</i></p> <p>L6: I know how to make appropriate choices for myself.</p> <p><b>G&amp;M R-Ed Lesson 5: Making Good Boundaries</b></p>	<p>L1: I accept myself for who and what I am.</p> <p>L2: I can recognise a risky situation and decide to behave responsibly.</p> <p>L3: I know how to be resilient when I face challenges.</p> <p>L4: I can identify illegal and legal drugs, and know what they do to the body. <i>G&amp;M H-Ed Lesson 4 Knowing facts: drugs</i></p> <p>L5: I understand the effect of drugs on the body. <i>G&amp;M H-Ed Lesson 4 Knowing facts: drugs</i></p> <p>L6: I know why balancing work and leisure time will make me a healthier, happier person. <i>G&amp;M H-Ed Lesson 3 Good Sleep (Y6)</i></p>	<p><b>This unit is a Y6 transition unit. Y5 can do the Year A unit (see above).</b></p> <p>L1: I know some of the good things about myself that people value.</p> <p>L2: I can reflect on past experiences and allow them to influence our future plans.</p> <p>L3: I know ways that people leave legacies.</p> <p>L4: I can plan and carry out fundraising activities for a purpose.</p> <p>L5: I know that there are sometimes positive outcomes from difficult changes.</p> <p>L6: I have positive strategies to help me in my transition to secondary school.</p>

*'G&M' refers to the 'Goodness & Mercy' RSHE Resources written by the Diocese of Bristol and recommended for Church of England schools*