

PSHE Year 5 - Mapping to the new curriculum objectives

<p style="text-align: center;">Autumn 1 Being Me</p>	<p style="text-align: center;">Spring 1 Digital Me</p>	<p style="text-align: center;">Summer 1 Healthy Me</p>
<p style="text-align: center;"><u>What makes respectful relationships?</u></p> <p><u>Relationships Education</u> Respectful friendships:</p> <ul style="list-style-type: none"> Practical steps they can take in a range of different contexts to improve or support respectful relationships. The conventions of courtesy and manners. <p>Caring friendships</p> <ul style="list-style-type: none"> How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable. How important friendships are in making us feel happy and secure, and how people choose and make friends. <p>Families and people who care for me:</p> <ul style="list-style-type: none"> The importance of spending time together and sharing each other's lives <p>Keeping safe:</p> <ul style="list-style-type: none"> What sort of boundaries are appropriate in friendships with peers and others (digital context). <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and other's feelings. 	<p style="text-align: center;"><u>What is a digital footprint?</u></p> <p><u>Relationships Education:</u> Online relationships:</p> <ul style="list-style-type: none"> How information and data is shared and used online. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. <p><u>Health Education:</u> Internet safety and harms:</p> <ul style="list-style-type: none"> That for most people the Internet is an integral part of life and has many benefits. Where and how to report concerns and get support with issues online. The impact of positive and negative content online on their own and others' mental and physical wellbeing. How to consider the effect of their online actions on others. <p>Mental wellbeing:</p> <ul style="list-style-type: none"> That cyber bullying has a negative and often lasting impact on mental wellbeing. 	<p style="text-align: center;"><u>What choices help my health?</u></p> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> That mental wellbeing is a normal part of daily life, in the same way as physical health. Simple self-care techniques including the importance of rest, time spent with friends and families, and the benefits of hobbies and interests. <p>Healthy eating:</p> <ul style="list-style-type: none"> The principles of planning and preparing a range of healthy meals. <p>Physical health and fitness:</p> <ul style="list-style-type: none"> How and when to seek support including which adults to speak to in school if they are worried about their health. The importance of building regular exercise into daily and weekly routines and how to achieve this.
<p style="text-align: center;">Autumn 2 Celebrating Differences</p>	<p style="text-align: center;">Spring 2 Changing Me</p>	<p style="text-align: center;">Summer 1 The World and Me</p>
<p style="text-align: center;"><u>What does discrimination mean?</u></p> <p><u>Relationships Education</u> Respectful relationships:</p> <ul style="list-style-type: none"> Different types of bullying (including cyber bullying), the impact of bullying, responsibilities to bystanders and how to get help. The importance of respecting others, even when they are different from them, or make different choices or have different preferences or beliefs. <p>Being safe:</p> <ul style="list-style-type: none"> How to ask for advice or help for themselves or others 	<p style="text-align: center;"><u>Why does my body change?</u></p> <p><u>Health Education:</u> Drugs, alcohol and tobacco:</p> <ul style="list-style-type: none"> The facts about legal and illegal drug taking. <p>Changing adolescent body: SRE unit</p> <ul style="list-style-type: none"> Key facts about puberty and the changing adolescent body including physical and emotional changes. <p>Health and prevention:</p> <ul style="list-style-type: none"> About personal hygiene 	<p style="text-align: center;"><u>What is my place in the world?</u></p> <p><u>Relationships Education:</u></p> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> The benefits of community participation voluntary and service based activity on mental wellbeing and happiness.

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<p>and to keep trying until they are heard</p> <ul style="list-style-type: none"> • Where to get advice e.g. family, school or other sources <p><u>Health Education:</u></p> <p>Mental wellbeing:</p> <ul style="list-style-type: none"> • Isolation and loneliness can affect children and it is very important for children to discuss their feelings with an adult and seek support. • That bullying (including cyber-bullying) has a negative and often lasting impact on mental wellbeing. 		
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