



# Personal, Social, Health and Economic (PSHE) Education Curriculum Overview

## YEAR 5 OVERVIEW

### Rationale

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work.

### Structure

The PSHE curriculum at Birch Copse is taught using a combination of:

- Short (20 minute) sessions each week for approximately 30 weeks
- 4 whole school themed days (School Values Day, E-Safety Day, British Values Day and Environment Day)
- Whole School assemblies
- Two longer sessions in Year 5 and 6 to deliver Sex Education

PSHE at Birch Copse is based on three core themes – each one with sub-themes:

1	Physical Health and Mental Wellbeing	2	Relationships	3	Living in the Wider World
1a.	Hygiene	2a.	Bullying	3a.	Economic Wellbeing
1b.	Mental Wellbeing	2b.	Friends	3b.	School Values (PSHE Day 1)
1c.	Physical Health	2c.	Families and People who Care for Me	3c.	E-Safety (PSHE Day 2)
1d.	Growing Up	2d.	Communication	3d.	British Values (PSHE Day 3)
1e.	Goals	2e.	Myself	3e.	Environment (PSHE Day 4)
1f.	Staying Safe	2f.	Choices		
1g.	Medicine	2g.	People and Equality		
1h.	Basic First Aid	2h.	Staying Safe		
1i.	Drugs and Alcohol	2i.	Growth Mindset		
		Sex Education			
		2j.	Puberty		
		2k.	Babies – Conception to Birth		

The following year group tables split the sessions into three terms. This is a rough guide and may differ slightly year-on-year depending on the length of each term.



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YEAR 5	Autumn		Spring		Summer	
	Theme	Session focus	Theme	Session focus	Theme	Session focus
	1b. Mental wellbeing	I understand the process for seeking support with my mental wellbeing.	2c. Families and people who care for me	I can think of practical steps to ensure my relationships are respectful.	2g.People and equality	I can think of things to overcome inequality ( <i>double session</i> ).
	1c. Physical health	I understand the importance of preparing a range of healthy meals.	2d. Communication	I can share my views on things that effect society and myself ( <i>double session</i> ).	2g.People and equality	
	1d. Growing up	I am aware of my own self-image and how my body image fits into that.	2d. Communication		1d. Growing up	I can identify what I am looking forward to when I am in Year6.
	1d. Growing up	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities.	2e. Myself	I can share something positive about myself.	1d. Growing up	I can start to think about changes I will make when I am in Year 6 and know how to go about this.
	1e. Goals	I can face a new challenge and think of why I want to face it.	2e. Myself	I know how to develop my own self-esteem and self-respect.	3a. Economic Wellbeing	I can identify different jobs carried out by people and have an opinion as to why some are more important than others are.
	1f. Staying safe	I can cycle my bike safely on the road.	2f. Choices	I can understand fair does not mean being equal.	2j. Puberty (Taught over two, 2-hour sessions)	
	1h. Basic First Aid	I know how to look after a bruise.			<ul style="list-style-type: none"><li>• I can explain what puberty is, why and when it happens and understand that it is something that happens to everyone.</li><li>• I know the main external and internal body parts of the male and female reproductive system and how they function.</li><li>• I can explain how girls’ and boys’ bodies change during puberty.</li><li>• I can explain the emotional changes everyone goes through during puberty.</li><li>• I understand the importance of looking after yourself physically and emotionally during puberty.</li><li>• I can identify the basic laws around consent.</li><li>• I can understand about menstrual wellbeing and the key facts of the menstrual cycle.</li><li>• I understand the term conception and the science behind sexual reproduction (E.g. the sperm from a male and an egg from a female are required to produce a new life).</li></ul>	
	1h. Basic First Aid	I can apply basic first aid to a head injury.	2f. Choices	can make the correct decision in difficult situations ( <i>double session</i> )		
	1i. Drugs and Alcohol	I can identify some legal and some illegal drugs.	2f. Choices			
	2a. Bullying	I understand what non-violent bullying looks like.	2g.People and equality	I can explain what a stereotype is and why they can be negative.		
	2b. Friends	I understand how to make amends.	2g.People and equality	I understand the similarities and differences of different people and be respectful of these similarities and differences (religion/beliefs) ( <i>double session</i> ).		
			2g.People and equality			



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3b. School values (PSHE day 1)	3c. E-Safety (PSHE Day 2)	3d. British Values (PSHE Day 3)	3e. Environment (PSHE Day 4)
I can identify the school values, class and school rules.	I can discuss how different media presents information	I understand the benefits of living in a democratic country, and the dangers to democracy.	I can identify the many small ways people can prevent damage to the environment.
I understand why we have different rules for different situations or people.	I can help create a digital citizenship pledge	I can explain what individual liberties are and why they are important	I can think of a campaign to raise awareness of an environmental issue.
I understand the effects and consequences of anti-social and prejudicial behaviour.	I can identify what spam is and understand how to deal with it		
I understand my responsibilities within my community.	I understand how photos can be altered digitally and understand how this can distort our views.		
I can prioritise my responsibilities when there is a conflict.	I understand that online people can pretend to be someone they are not.		
I can debate a cultural issue – how should people be punished when they have done wrong?	I understand that the internet can be a negative place and trolling, abuse and bullying can take place.		
	I understand when and how to report inappropriate behaviour.		