

Heritage Park Primary School

PSHCE Scheme of Work – Year 5

Autumn 1	Spring 1	Summer 1
<p><u>Myself & My Relationships</u> <u>Beginning and Belonging</u></p> <ul style="list-style-type: none"> • What are my responsibilities for helping others in school feel happy and safe? • How can I take responsibility for building relationships in my school and how does this benefit us all? • How might different people feel when starting something new and how can I help? • How do we help people feel welcome and valued in and out of school? • What helps me to be resilient in a range of new situations? • Are there more ways I can get help now and how do I seek support? 	<p><u>Citizenship</u> <u>Diversity and Communities</u></p> <ul style="list-style-type: none"> • How do other people’s perceptions, views and stereotypes influence my sense of identity? • How do views of gender affect my identity, friendships, behaviour & choices? • What are people’s different identities, locally and in the UK? • How can I show respect to those with different lifestyles, beliefs & traditions? • What are the negative effects of stereotyping? • Which wider communities & groups am I part of & how does this benefit me? • What are voluntary organisations and how do they make a difference? • What is the role of the media and how does it influence me and my community? • Who cares for the wider environment and what is my contribution? 	<p><u>Healthy & Safer Lifestyles</u> <u>Drug Education</u></p> <ul style="list-style-type: none"> • What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? • How does drug use affect the way a body or brain works? • How do medicines help people with different illnesses? • What immunisations have I had or may I have in future and how do they keep me healthy? • What is drug misuse? • What are some of the laws about drugs? • How can I assess risk, recognise peer influence & respond assertively? • When and how should I check information about drugs?
Autumn 2	Spring 2	Summer 2
<p><u>Myself & My Relationships</u> <u>Family and Friends</u></p> <ul style="list-style-type: none"> • What are the characteristics of healthy friendships on and offline and how do they benefit me? • How do trust and loyalty feature in my relationships on and offline? • What are the benefits and risks of making new friends, including those I only know online? 	<p><u>Healthy & Safer Lifestyles</u> <u>Personal Safety</u></p> <ul style="list-style-type: none"> • How do I recognise my own feelings and consider how my actions may affect the feelings of others? • Can I use my Early Warning Signs to judge how safe I am feeling? • How do I judge who is a trusted adult or trusted friend? 	<p><u>Healthy & Safer Lifestyles</u> <u>Healthy Lifestyles</u></p> <ul style="list-style-type: none"> • How does physical activity help me & what might be the risks of not engaging in it? • What could characterise a balanced or unbalanced diet and what are the associated benefits and risks? • What are the different aspects of a healthy lifestyle and how could I become healthier?

<ul style="list-style-type: none"> • Can I always balance the needs of family & friends & how do I manage this? • Can I communicate, empathise & compromise when resolving friendship issues? • How can I check that my friends give consent on and offline? • How do people in my family continue to support each other as things change? • Who are in my networks, on & offline, and how have these, changed and how do we support each other? 	<ul style="list-style-type: none"> • How can I seek help or advice from someone on my network of support and when should I review my network? • How could I report concerns of abuse or neglect? • Can I identify appropriate & inappropriate or unsafe physical contact? • How do I judge when it is not right to keep a secret and what action could I take? • How can I recognise risks online and report concerns? • What strategies can I use to assess risk and help me feel safer when I am feeling unsafe? 	<ul style="list-style-type: none"> • What are the factors influencing me when I'm making lifestyle choices and how might these change over time? • What might be the signs of physical illness and how might I respond? • What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health? • Why are online apps and games age restricted?
<p><u>Myself & My Relationships</u></p> <p><u>Anti-bullying</u></p> <ul style="list-style-type: none"> • Can I explain the differences between friendship difficulties and bullying? • Can I define the characteristics and different forms of bullying? • How do people use technology & social media to bully others and how can I help others to prevent and manage this? • What do all types of bullying have in common? • Might different groups experience bullying in different ways? • How can people's personal circumstances affect their experiences? • How does prejudice sometimes lead people to bully others? • Can I respond assertively to bullying, online and offline? • How might bullying affect people's mental wellbeing and behaviour? 	<p><u>Healthy & Safer Lifestyles</u></p> <p><u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • What are male and female sexual parts called and what are their functions? • How can I talk about bodies confidently and appropriately? • What happens to different bodies at puberty? • What might influence my view of my body? • How can I keep my growing and changing body clean? • How can I reduce the spread of viruses and bacteria? 	

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| <ul style="list-style-type: none">• How and why might peers become colluders or supporters in bullying situations?• Can I identify ways of preventing bullying in school and the wider community? | | |
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