



Thomas Harding Year 5 Long Term PSHE Planning

AUTUMN TERM Core theme 1: Health and Wellbeing		SPRING TERM Core theme 2: Relationships		SUMMER TERM Core theme 3: Living in the wider world	
PSHE Association KS2 Programme of Study Learning opportunities covered	PSHE Association Primary Planning Toolkit Topics / Y5 learning objectives	PSHE Association KS2 Programme of Study Learning opportunities covered	PSHE Association Primary Planning Toolkit Topics / Y5 learning objectives	PSHE Association KS2 Programme of Study Learning opportunities covered	PSHE Association Primary Planning Toolkit Topics / Y5 learning objectives
H1/H2. To understand what positively and negatively affects their physical, mental and emotional health. To understand how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle' H3. To recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the	Healthy lifestyles • about positively and negatively affects health and wellbeing (including mental and emotional health) • how to make informed choices that contribute to a 'balanced lifestyle' • about the benefits of a balanced diet • about different influences on food and diet • about developing skills to help make their own choices about food	R1. To be able to recognise and respond appropriately to a wider range of feelings in others	Feelings and emotions • how to respond appropriately to a wider range of feelings in others	L1. For pupils to research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people L2. For pupils to learn why and how rules and laws that protect themselves and others are made and enforced; why different rules are needed in different situations and how to take part in making and changing rules L6. To realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and	Rights and responsibilities • to research, discuss and debate to discuss and debate issues concerning health and wellbeing • why and how laws are rules and laws are made • how to take part in making and changing rules • how anti-social behaviours can affect wellbeing • how to handle, challenge or respond to antisocial or aggressive behaviours • about resolving differences, respecting different points of view



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benefits of eating a balanced diet				discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk L8. To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices	and making their own decisions
H5. For pupils to reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals H6/H7. For pupils to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. For pupils to recognise that they may experience	Growing and changing • about different ways of achieving and celebrating personal goals • how having high aspirations can support personal achievements • how to further describe the range and intensity of their feelings to others • how to manage complex or conflicting emotions	R7. To learn that their actions affect themselves and others R11. To work collaboratively towards shared goals R12. To develop strategies to solve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves	Healthy relationships • about the consequences of their actions on themselves and others • about working collaboratively toward shared goals • negotiation and compromise strategies to resolve disputes and conflict • to give helpful feedback and support to others	L7. To learn that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment; to continue to develop the skills to exercise these responsibilities	Environment • about different kinds of responsibilities (home, school, community and the environment)



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conflicting emotions and when they might need to listen to, or overcome these H8. To learn about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement					
H21. To develop strategies for keeping physically and emotionally safe including road safety and safety in the environment (including rail, water and fire safety) H22/H25. To develop strategies for keeping safe online; the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others. How to manage requests for images of themselves or others; what is and	Keeping safe • about strategies for managing personal safety - local environment • about strategies for managing personal safety – online • what to consider before sharing pictures of themselves and others online • how to keep safe and well when using a mobile phone	R10. To be able to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge, their points of view	Valuing difference • to respectfully listen to others but raise concerns and challenge points of view when necessary	L13. For pupils to learn about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer L14. To develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. contribution to society through the payment of VAT)	Money • how finance plays an important part in people's lives • about being a critical consumer • about what is meant by 'interest', 'loan', 'debt' • about the importance of looking after money, including managing loans and debts • that people pay 'tax' to contribute to society



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is not appropriate to ask for or share, who to talk to if they feel uncomfortable or are concerned by such a request H24. The responsible use of mobile phones: safe keeping and safe user habits					
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SUMMER TERM 2

Three CWP RSE lessons to be taught