



Ferndale Primary and Nursery School

PSHE: Year 5

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Language Enrichment	First Hand Experiences		Purpose/Life Skills		Previous Knowledge
Teacher modelling and encouraging children to use Images Questioning Repetition and use of vocabulary in contexts outside of the lessons-application	Fire safety talk Police School/eco council- voting systems House system Anti-bullying week School values Sanitary products		Setting children up for life Coping strategies Staying safe Social skills- building and forming relationships Development of self-esteem and resilience Celebrate successes		Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions Hopes and dreams



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		Understanding the world better-tolerance	Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
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