

# Year 5: PSHE Long Term Plan



THE PYTHON HILL ACADEMY

LABOR OMNIA VINCIT

*Our Ambition: To be the highest performing MAT in the country  
Our Mission: To improve the communities we serve for the better*

**Vision:**

*Challenging educational orthodoxies so that every child makes good progress in all subjects;  
all teachers are committed to personal improvement and fulfil their responsibilities;  
all children receive an inspiring curriculum;  
all academies strive to be outstanding.*

## PSHE Curriculum Overview

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>FS</b>	Self-identity Understanding feelings Being in a classroom Being gentle	Identifying talents Being special Families Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help	Exercising bodies Healthy food Sleep Keeping clean Safety	Family Life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
	Caring Friendships Being King Families					
<b>Y1</b>	Feeling special and safe Being part of a class Rewards and feeling proud Consequences Owning the Learning Charter	Celebrating differences Understanding what bullying is Knowing how to deal with it Making new friends	Setting goals	Keeping clean Being safe Road safety	Making friends / a good friend Qualities as a friend / person Physical contact preferences	Life cycles – animal and human Changes in me Linking rowing and learning
	Different Friends and families Growing and changing Families and care					
	Staying healthy Medicines Who gives us medicines					
<b>Y2</b>	Rights and responsibilities Rewards and Consequences Safe/fair learning environment Recognising feelings	Assumptions/stereotypes Understanding bullying Standing up for self/others Gender diversity Celebrating differences	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Healthier choices Relaxation	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Special relationships	Differences in female and male bodies
	Differences Male and female animals Naming body parts					
	Risk Hazardous Substances Safety rules					

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>Y3</b>	Setting personal goals Positivity in challenges Rewards and consequences	Families and differences Managing family conflict Witnessing buying and resolving it Recognising harmful words	Difficult challenges Dreams and ambitions	Exercise Fitness challenges Attitudes to drugs Keeping safe	Family roles / responsibilities	Family stereotypes Challenging my ideas
	Body differences Personal space Help and support					
	Why people smoke Physical effects of smoking No smoking					
<b>Y4</b>	Rights, responsibilities, democracy Rewards and consequences Having a voice	Judging by appearance Understanding influences Understanding bullying how special and unique I am	Overcoming disappointment Creating new/realistic dreams	Smoking Peer pressure Group dynamics Healthy relationships	Jealousy Love and loss Getting on and falling out Girlfriends/boyfriends	Being unique Puberty Accepting changes
	Changes What is puberty? Healthy me					
	Effects of alcohol Alcohol and risk Limits to drinking alcohol					
<b>Y5</b>	Planning the year Being a citizen Rights and responsibilities Rewards and consequences Democracy	Racism Types of bullying Material wealth and happiness Enjoying/respecting other cultures	Future dreams Importance of money Jobs and careers	Emergency aid Body image Relationship with food Healthy me	Recognising me Safety in online communities Online gaming Relationship with technology	Self image Conception Looking ahead
	Talking about puberty The reproductive system Puberty help and support					
	DAaRT programs by Nottinghamshire Police					
<b>Y6</b>	My year ahead Being a global citizen Our learning charter	Perceptions of normality Prejudice and discrimination Power struggles Understanding bullying Differences-celebration/conflict	Personal learning goals Success criteria Making differences to the world	Taking personal responsibility Exploitation -gangs, county lines Emotional mental health Managing stress	Mental health Love and loss Power and control Technology safety	Boyfriends/girlfriends Sexting Transition
	Puberty and reproduction Communication in relationships Conception and pregnancy Online relationships					
	Cannabis Volatile substance abuse Help, advice and support					



