

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
FS	Who ... me? How am I feeling today Being at school Gentle hands Our rights Our responsibilities	What am I good at I'm special, I'm me Families Homes Making friends Standing up for yourself	Challenges Never give up Setting a goal Obstacles and support Flight to the future Footprint awards	Everybody's body We like to move it, move it Food glorious food Sweet dreams Keeping clean Safe adults	My family and me Make friends, make friends Falling out and bullying Being the best friends we can	My body Respecting my body Growing up Fun and fears Celebration
Y1	Feeling special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	The same as... Different from ... What is bullying What so I do about bullying Making new friends Celebrating difference and me	My treasure chest of success Steps to success Achieving together Stretchy learning Overcoming obstacles Celebrating my success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me	Families Making friends Greetings People who help us Being y own best friend Celebrate special relationships	Life cycles Changing me My Changing body Boys and girls bodies Learning and growing Coping with changes
Y2	Hopes and fears for the year Rights and responsibilities Rewards and Consequences Our learning charter Owning our learning charter	Boys and girls Why does bullying happen? Standing up for self/others Gender diversity Celebrating differences	Goals to success My learning strengths Learning with others A group challenge Celebrating our achievement	Being healthy Being relaxed Medicine safety Healthy eating Happy healthy me	Different types of family Exploring physical contact Friendship and conflict Secrets Trust and appreciation Special relationships	Life cycles in nature Growing young to old The changing me Boys and girls bodies Assertiveness Looking ahead
Y3	Getting to know each other Our nightmare school Our dream school Rewards and consequences Our learning charter Owning our learning charter	Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference	Dreams and goals My dreams and ambitions A new challenge Our new challenge Overcoming obstacles Clearing my learning	Being fit and healthy What do I know about drugs Being safe Safe and unsafe My amazing body	Family roles / responsibilities Friendships Keeping myself safe online Being a global citizen Celebrating web relationships	How babies grow Babies Outside body changes Inside body changes Family stereotypes Looking ahead
Y4	Becoming a class team Being a school citizen Rights, responsibilities, Rewards and consequences Our learning charter Owning our learning charter	Judging by appearance Understanding influences Understanding bullying Problem solving Special me Celebrating differences	Hopes and dreams Broken dreams Overcoming disappointment Creating new/realistic dreams Achieving goals We did it	My friends and me Group dynamics Smoking Alcohol Healthy relationships Celebrating my inner strength	Jealousy Love and loss Memories Getting on and falling out Girlfriends/boyfriends Celebrating my relationships	Unique me Having a baby Puberty and menstruation Circles of change Accepting change Looking ahead

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y5	The year ahead Being a citizen Rights and responsibilities Rewards and consequences Our learning charter Owning our learning charter	Different cultures Racism Rumours and name calling Types of bullying Does money matter Celebrating differences of the world	When I grow up Investigating jobs and careers My dream job Dreams/goals in other cultures How can we support each other Rallying support	Smoking Alcohol Emergency aid Body image My relationship with food Healthy me	Recognising me Safety in online communities Being in an online community Online gaming Relationship with technology	Self and body image Puberty for girls Puberty for boys Conception Looking ahead
Y6	My year ahead Being a global citizen The learning charter Our learning charter Owning our learning charter	Am I normal Understanding differences Power struggles Why Bully Celebrating difference	Personal learning goals Steps to success My dream for the world Helping to make a difference Recognising our achievements	Taking personal responsibility Drugs Exploitation Gangs Emotional mental health Managing stress and pressure	What is mental health My mental health Love and loss Power and control Being online – real or fake Technology safety	My self image Puberty Babies conception to birth Boyfriends/girlfriends Adolescent friendships Real self and ideal self The year ahead

	Autumn 1						Autumn 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6/7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Being Me in my World						Celebrating Differences					
Jigsaw	The year ahead	Being a citizen of my country	Rights, responsibility	Rewards and consequences	Our learning charter	Owning our learning charter	Different cultures	Racism	Rumours and name calling	Types of bullying	Does money matter	Celebrating differences in the world
Vocab	Education Appreciation Opportunities Goals Motivation Vision Hopes Challenge	Rights Responsibility Citizen Denied Empathise Refugee Persecution Conflict Asylum Migrant	Rights Wealth Poverty Responsibility Prejudice Citizen Privilege Deprive	Rights Responsibility Rewards Consequences Choices Learning Charter	Rights Responsibility Rewards Consequence Cooperation Collaboration	Learning Charter Collaboration Participation Motivation Rights Responsibility Rewards Consequences	Culture Conflict Difference Similarity Belong Banter	Racism Colour Race Discrimination Culture Ribbon Banter	Bullying Rumour Name-calling Racist Homophobic Cyber bullying Texting Banter Texting Banter Problem-solving	Bullying Indirect Direct Cyber bullying Texting Banter	Happiness Difference Culture Similarity Continuum Developing world Racism Discrimination Direct and indirect bullying	Culture Celebration Artefacts Display Presentation
I Can	I can face new challenges positively and know how to set personal goals	I understand my rights and responsibilities as a citizen of my country	I understand my rights and responsibilities as a citizen of my country and as a member of my school	I can make choices about my own behaviour because I understand how rewards and consequences feel	I understand how an individual's behaviour can impact on a group	I understand how democracy and having a voice benefits the school community and know how to participate in this	I understand that cultural differences sometimes cause conflict	I understand what racism is	I understand how rumour-spreading and name-calling can be bullying behaviours	I can explain the difference between direct and indirect types of bullying	I can compare my life with people in the developing world	I can understand a different culture from my own

	Spring 1						Spring 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Dreams and Goals						Healthy Me					
Jigsaw	When I grow up	Investigating jobs and careers	My dream job	Dreams/goals in other cultures	How can we support each other	Rallying support	Smoking	Alcohol	Emergency aid	Body image	My relationship with food	Healthy me
Vocab	Dream Hope Goal Feeling Achievement Money Grown up Adult Lifestyle	Job Career Profession Money Salary Contribution Society	Dream Hope Job Career Goal Determination Perseverance Motivation	Dream Hope Goal Aspiration Culture Country	Aspiration Dream Goal Culture Sponsorship Communication	Support Rallying Sponsorship Team work Cooperation Difference Dream Goal Motivation Aspiration	Choices Healthier behaviour Less healthy behaviour Informed decision Pressure Media Influence Vaping	Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Influence	Emergency Procedure Recovery position Calm Level-headed	Body image Media Social media Celebrity Altered Self-respect Comparison	Body image Informed decisions/ choices Pressure	Debate Opinion Fact Choices Healthy lifestyle Motivation
I Can	I understand that I will need money to help me achieve some of my dreams	I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs	I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it	I can describe the dreams and goals of young people in a culture different to mine	I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other	I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	I understand how the media, social media and celebrity culture promotes certain body types	I can describe the different attitudes people have to food and how these can be affected by external influences	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy

	Summer 1					Summer 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Relationships					Changing Me					
Jigsaw	Recognising me	Safety in online communities	Being in an online community	Online gaming	Relationship with technology	Self and body image	Puberty for girls	Puberty for boys	Conception	Looking ahead	Looking ahead
Vocab	Characteristics Personal qualities Attributes Self-esteem	Responsibility Being responsible Age restriction	Social network Community Online Off line Responsibility Rights Risky	Age restriction Community Violence Appropriate Grooming Trolled Gambling/betting Trustworthy Responsibility Rights Risky	Personal information Safe Online Choices Vulnerable Risk Grooming Rights Responsibilities	Self Self-image Body image Self-esteem Perception Characteristic Aspects Affirmation	Puberty Menstruation Periods Menstrual towels Menstrual pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus	Puberty Sperm Semen Testicles Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones	Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF)	Teenager Milestone Perceptions Puberty Responsibility Consent	Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious
I Can	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities	I understand that belonging to an online community can have positive and negative consequences	I understand there are rights and responsibilities in an online community or social network	I know there are rights and responsibilities when playing a game online	I can explain how to stay safe when using technology to communicate with my friends	I am aware of my own self-image and how my body image fits into that	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I can describe how boys' and girls' bodies change during puberty	I understand that sexual intercourse can lead to conception and that is how babies are usually made	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I can identify what I am looking forward to when I move to my next class.