



Class 2- Y5 & 6 two year rolling PSHE Overview

PSHE Intent

PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Some of our PSHE is discretely taught, other aspects are linked and taught through Science, HRSE, PE and Computing.

By the end of Primary School, children should know about;

Relationships

- Families and people who care for me
 - Caring friendships
- Respectful relationships
- Online relationships
 - Being safe

Physical health and mental wellbeing

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
 - Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
 - Basic first aid
- Changing adolescent body

<u>Whole School</u> <u>annually</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
	During this term, the children prepare and deliver a speech stating why they would be good school councillors. We use democracy to vote for children in each year group from Year 2- Year 6	As a school we will celebrate Mental Health Awareness week during this term to promote talking about feelings and celebrating our successes as a school.	Throughout the Summer term, we will prepare the children for any transition that will take place.

KS2	A 2023-2024 Y5/6	<u>Citizenship</u> At the start of the year, the children will have an understanding of what happens when the law is broken. They will develop their learning about how to recognise and challenge discrimination considering their own safety. Linking to R.E they will show a developing understanding of the waste hierarchy and recognising the contribution people make to our community. The children will explore the link between rights and responsibilities and learn how parliament works and how this is similar to our School Council. They will explore the British Values.	<u>Families and Relationships</u> The children will be learning that families are varied and differences must be respected. The children will identify the difference between physical and emotional boundaries in friendships. The children will explore the roles of a bully, a victim and a bystander and how peer pressure can be managed. They will be reminded about previous learning on manners. Children will learn about bereavement with the support of charities where necessary.	<u>Health and Wellbeing</u> During the Spring term, the children will be taking parts in activities in Mental Health Week. They will have the opportunity to learn about the importance of relaxation and sleep. They will have an understanding of how to cope with failure and using this to set goals. They will know about taking precautions while in the sun. Linking with the Science curriculum, they will learn about healthy meals and ingredients. The children will be learning about different emotions and possible ways of dealing with a difficult situation.	<u>Economic Wellbeing</u> The children will be developing their understanding about income and expenditure and what these terms actually mean. They will be discussing borrowing- how this can happen, and also the risks. They will have the opportunity to research different careers and consider the routes into them by reviewing the targets they set in the previous term to consider their aspirations,	<u>Safety and Changing Body</u> This unit will be taught using resources from the scheme, A Journey in Love. The children will cover the following topics- puberty and menstruation, conception, pregnancy and birth. The children will also be learning about online friendships and how to stay safe online, this will be supported in the Computing curriculum too. They will learn about drugs, alcohol and tobacco and the influences that others have on us. They will continue to develop their first aid skills learning how to deal with a choking emergency. <u>Transition</u> In this end-of-year transition lesson, pupils consider the opportunities that their new year group brings and Year 6 pupils also express their worries about the move to secondary school.
KS2	B 2024-2025 Y5/6	<u>Citizenship</u> The children will continue recognising the role that pressure groups play in society and how to deal with these. They will be learning about the value of a diverse community. There will be consideration about how our food choices affect the environment and how we can be sustainable. Rights and responsibilities will be explored. The children will be learning about how parliament works. They will explore the British Values.	<u>Families and Relationships</u> Building on previous learning, the children will be learning that families are varied and differences must be respected. The children will identify the difference between physical and emotional boundaries in friendships. The children will explore the roles of a bully, a victim and a bystander and how peer pressure can be managed.	<u>Health and Wellbeing</u> The children will revisit relaxation, sleep, target setting and dealing with failure. They will understand how to live a healthy lifestyle, including the impact of technology on mental health and wellbeing. They will be creating resilience strategies. The children will begin to understand the benefits of immunisation and creating good habits from an early age.	<u>Economic Wellbeing</u> The children will be exploring attitudes towards money. There will be discussion about stereotypes in the workplace and this will link to the protected characteristics. The risks associated with gambling will be explored and who to turn to if advice is needed. The children will think about their career paths and what is needed in order to achieve their goal.	<u>Safety and Changing Body</u> This unit will be taught using resources from the scheme, A Journey in Love. The children will cover the following topics- puberty and menstruation, conception, pregnancy and birth. Children will learn how to be critical digital consumers and realise that some things are too good to be true. They will have an understanding that online relationships should be treated the same as face-to-face relationships. They will be learning how to deal with first aid emergencies such as bleeding and giving life support. <u>Transition</u> In this end-of-year transition lesson, pupils consider the opportunities that their new year group brings and Year 6 pupils also express their worries about the move to secondary school.