



PSHE & SRE CURRICULUM PLANNING

YEAR 5 OVERVIEW

SRE OBJECTIVE (statutory)	PHSE PoS	LEARNING THEMES
AUTUMN How can friends communicate safely?		
CARING FRIENDSHIPS <ul style="list-style-type: none"> that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right ONLINE RELATIONSHIPS <ul style="list-style-type: none"> That people sometimes behave differently online, including by pretending to be someone they are not That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met How information and data is shared and used online 	RELATIONSHIPS Friendships Becoming independent online safety	<ul style="list-style-type: none"> About the different types of relationships people have in their lives Revisit what good healthy friendships look like How friends and family communicate together; how the internet and social media can be used positively How knowing someone online differs from knowing someone face-to-face How to recognise risk in relation to friendships and keeping safe About the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family How to respond if a friendship is making them feel worried, unsafe or uncomfortable How to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety.
SPRING 1 How can we help in an accident or emergency?		
BASIC FIRST AID <ul style="list-style-type: none"> How to make a clear and efficient call to emergency services if necessary Concepts of basic first aid, for example dealing with common injuries, including head injuries 	HEALTH AND WELLBEING Basic first aid Dealing with Emergencies	<ul style="list-style-type: none"> How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions That if someone has experienced a head injury, they should not Be moved When it is appropriate to use first aid and the importance of seeking adult help The importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services.



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SPRING 2 How can drugs common to everyday life affect health?		
DRUGS, ALCOHOL AND TOBACCO <ul style="list-style-type: none"> The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. 	HEALTH AND WELLBEING Drugs, alcohol and tobacco Healthy habits	<ul style="list-style-type: none"> How drugs common to everyday life (including smoking/vaping) Nicotine, alcohol, caffeine and medicines) can affect health and wellbeing That some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal How laws surrounding the use of drugs exist to protect them and others Why people choose to use or not use different drugs How people can prevent or reduce the risks associated with them That for some people, drug use can become a habit which is difficult to break How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use How to ask for help from a trusted adult if they have any worries or concerns about drugs
SUMMER 1 How will we grow and change?		
CHANGING ADOLESCENT BODY <ul style="list-style-type: none"> Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes About menstrual wellbeing including the key facts about the menstrual cycle. 	HEALTH AND WELLBEING Growing and changing Puberty	<ul style="list-style-type: none"> About puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams How puberty can affect emotions and feelings How personal hygiene routines change during puberty How to ask for advice and support about growing and changing and puberty.
SUMMER 2 What makes up our identity?		
	HEALTH AND WELLBEING Identity Personal attributes and qualities Similarities and differences Individuality Stereotypes	<ul style="list-style-type: none"> How to recognise and respect similarities and differences between people and what they have in common with others That there are a range of factors that contribute to a person's identity (e.g. Ethnicity, family, faith, culture, gender, hobbies, likes/dislikes) About stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others How to challenge stereotypes and assumptions about others.



Kingston St Mary C of E Primary School

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