

PSHE Year Planner Year 5

Relationships

Health/ Wellbeing

Living in the Wider World

Protected Characteristics

British Values

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic or Stand-Alone?	Standalone	Standalone	Standalone	Standalone	Standalone	Standalone
Cornwall Education lessons	<p>Online Content</p> <p>Respectful Relationships (British Values: respect)</p> <p>All of the protected characteristics</p>	<p>A diverse community (British Values: respect and tolerance)</p> <p>Mental health and keeping well (British Values: self – respect)</p>	<p>Online Contact</p> <p>Exploring Risk (British Values: self – respect, Individual Liberty)</p>	<p>Managing Challenge and Change (British Values: self – respect)</p>	<p>Illness</p> <p>Puberty 1 (Bodies and Reproduction: SRE)</p> <p>British Values: respect</p> <p>protected characteristics (we don't refer to boy/ girl but a person with a penis/ vulva)</p>	<p>Puberty 2 (body changes: SRE))</p> <p>British Values: respect, individual liberty.</p> <p>protected characteristics (we don't refer to boy/ girl but a person with a penis/ vagina)</p>
<p>Texts linked to PSHE, British Values and/or protected characteristics</p>	 <p>British Values: respect, tolerance, individual liberty</p> <p>Protected Characteristics: sex, race</p>	 <p>British Values: individual liberty, Rule of Law</p>		 <p>Protected Characteristics: disability</p>		 <p>British Values: individual liberty, mutual respect</p>

						Protected Characteristics: age, race
Further links to PSHE/ British Values/ Protected Characteristics	Daily PE sessions/ Fitness Friday Porthpean Camp RE lessons Spanish	Daily PE sessions/ Fitness Friday RE lessons Spanish	Daily PE sessions/ Fitness Friday Visit from Bright Smiles (Dentist) RE lessons Spanish	Daily PE sessions/ Fitness Friday RE lessons Spanish	Daily PE sessions/ Fitness Friday Source to sea trip RE lessons Spanish	Daily PE sessions/ Fitness Friday. Science- living things and habitats Spanish RE lessons
Local links		The Box, Plymouth			Working with a visitor from the Eden project	Working with a visitor from the Eden project
Key Questions:	<i>Is everything you see/ read trustworthy online? What clues tell you if a website is trustworthy or not? How can you check if a website is trustworthy?</i> <i>What are the features of a positive family life? What is self- respect?</i>	<i>What communities do we belong to? How are people in communities the same/ different? What does diversity mean? What does personal identity mean? What does discrimination mean?</i>	<i>What does the word 'risk' mean? Are some situations riskier than others? Are some risks sometimes worth taking? Why is it important to 'stop and think' before taking a risk?</i> <i>What is 'mental health'? How can we take care of our mental health?</i>	What can affect our mental health? What are conflicting emotions? What positive actions can I take to support my mental health? Who can help me to support my mental health?	What does it feel like when you are unwell? What is the immune system? How can we help to keep our body healthy?	<i>What is puberty? What changes happen during puberty? What is menstruation?</i>

			<p><i>Is everyone that you can contact online safe ?Is it always ok to share personal information online?</i></p>		<p><i>What are then names of the external and internal reproductive organs? Is everyone's bodies exactly the same? What do you already know about reproduction and pregnancy?</i></p>	
<p>Knowledge content (4)</p>	<ul style="list-style-type: none"> • Understand that not everything online is trustworthy • Recognise some of the differences between fact and opinion • Describe how to make decisions on what they trust online using agreed criteria <p>Identify the features of a positive family life.</p>	<p>Describe the different communities that we belong to</p> <ul style="list-style-type: none"> • Explain what diversity means • Describe my personal identity in simple terms • Understand that we shouldn't discriminate against others • Understand that we are all connected <p>Explain what is meant by the term 'mental health'</p>	<p>Assess how risky different everyday activities are</p> <ul style="list-style-type: none"> • Describe how important it is to 'stop and think' before taking a risk • Explain what makes a risk worth taking and what makes it too risky <p>Recognise that it is their own choice</p>	<p>Describe what can impact on mental health (life events and circumstances) and how mental wellbeing can be affected</p> <ul style="list-style-type: none"> • Recognise conflicting emotions and when these might be experienced • Explain how feelings and emotions change over time • Identify positive actions to support 	<p>Explain what it feels like when we are unwell</p> <ul style="list-style-type: none"> • Explain what the immune system is • Describe different ways to keep our bodies healthy • Understand how some medications and vaccinations can help to keep us healthy 	<p>Define what puberty means</p> <ul style="list-style-type: none"> • Understand that everyone will experience puberty differently • Identify key changes which happen during puberty • Understand what

	<ul style="list-style-type: none"> • Recognising similarities and differences between people in the community • Understands how to respect differences within the community and classroom. • Defines what self-respect is and why this is important. • Recognises how to have and encourage polite, respectful relationships 	<ul style="list-style-type: none"> • Identify everyday behaviours that can help to support mental (and physical) health • Recognise that we can take care of our mental health (as well as our physical health 	<p>to accept something online</p> <ul style="list-style-type: none"> • Recognise ways that people may seek to persuade them online • Know what to do if they have any concerns about something they experience online 	<p>mental wellbeing during difficult times, including identifying their personal support network</p>	<ul style="list-style-type: none"> • Identify who can help us when we are feeling unwell <p>Can correctly identify parts of external genitalia and internal reproductive organs</p> <ul style="list-style-type: none"> • Understand that everyone's bodies are different and we should respect this • Can describe key facts about reproduction and pregnancy • Know where to ask for help with questions 	<p>menstruation is</p> <ul style="list-style-type: none"> • Understand where to go for help and support around puberty and their bodies
--	--	--	---	--	---	--

					about their bodies	
Skills content (2)	<p>I can use clues to decide if a website is trustworthy or not.</p> <p>I can treat others with respect.</p>	I can treat others with respect.	I can follow strategies for managing risk.	I can follow different positive steps to take care of my mental health.		
Sequence of Lessons	<p>learn that not everything you see/ read online is trustworthy and how to critically assess the information and content they see online</p> <p>Builds on previous years' work about relationships, exploring differences between families in the community and the importance of respecting differences, how to be respectful to others and develop and understanding of self- respect.</p>	<p>following on from work in Y2 based on communities, exploring what makes us similar ad different to other people. Exploring who we are and how we connect with others, starting to see we have links and things in common while celebrating diversity.</p> <p>builds upon learning from lower KS2 about different feelings and emotions and shifts the focus to 'mental health'- what we mean by it and how we look after it.</p>	<p>builds on key messages from lesson 1, developing skills in assessing online contact and whether the contact is safe. Recaps on importance of not sharing personal information online.</p> <p>exploring the idea of risk and how to manage risky situations safely.</p>	<p>exploring different things that can affect mental health as well as managing time of change and challenge. Begin to look at coping strategies and how to put them into practice.</p>	<p>how illness is part of life, but we can take steps to help our bodies to keep healthy. Our bodies have natural defences but sometimes we need to use vaccinations and medications to help. introduces key messages about conception and pregnancy, understanding</p>	<p>explores changes that happen during puberty both physically and mentally and covers menstruation.</p>

					their and other people's bodies and how they relate to reproduction.																																																	
Vocabulary	Trustworthy, critically assess, content, contact, personal information persuade	Communities, diversity, identity, discriminate Respect, self-respect.	Assess, risky, 'stop and think' Feelings, emotions, mental health	Mental health, conflicting emotions Food groups, balanced diet, nutrition calories	Immune system, vaccinations, medications Genitalia, reproductive organs, reproduction, pregnancy.	Puberty, menstruation																																																
Resources	Cornwall Curriculum, childnet.com: trust me	Cornwall Curriculum, PSHE Association	Cornwall Curriculum, PSHE Association	Cornwall Curriculum	Cornwall Curriculum	Cornwall Curriculum																																																
Revisit Learning in:																																																						
Assemblies	<table border="1"> <thead> <tr> <th colspan="2">Autumn Term 1st half</th> </tr> </thead> <tbody> <tr> <td>13- 17 September</td> <td>Intro to British Values with a focus on rules</td> </tr> <tr> <td>20- 24 September</td> <td>Intro to British Values with a focus on rules</td> </tr> <tr> <td>27 September- 1 Oct</td> <td>British Values- Democracy (linking to School Council)</td> </tr> <tr> <td>4-8 Oct</td> <td>5 ways to wellbeing</td> </tr> <tr> <td>11 Oct- 15 Oct</td> <td>British Values-</td> </tr> </tbody> </table>	Autumn Term 1 st half		13- 17 September	Intro to British Values with a focus on rules	20- 24 September	Intro to British Values with a focus on rules	27 September- 1 Oct	British Values- Democracy (linking to School Council)	4-8 Oct	5 ways to wellbeing	11 Oct- 15 Oct	British Values-	<table border="1"> <thead> <tr> <th colspan="2">Autumn Term 2nd half</th> </tr> </thead> <tbody> <tr> <td>1-5 Nov</td> <td>Five ways to wellbeing / Climate Change Cop 26</td> </tr> <tr> <td>8- 12 Nov</td> <td>Remembrance Day (Respect, Individual Liberty))</td> </tr> <tr> <td>15- 19 Nov</td> <td>Anti- bullying week</td> </tr> <tr> <td>22- 26 Nov</td> <td>NSPCC- speak out stay safe assembly</td> </tr> <tr> <td>29 Nov – 3 Dec</td> <td>Individual liberty/ human rights</td> </tr> </tbody> </table>	Autumn Term 2 nd half		1-5 Nov	Five ways to wellbeing / Climate Change Cop 26	8- 12 Nov	Remembrance Day (Respect, Individual Liberty))	15- 19 Nov	Anti- bullying week	22- 26 Nov	NSPCC- speak out stay safe assembly	29 Nov – 3 Dec	Individual liberty/ human rights	<table border="1"> <thead> <tr> <th colspan="2">Spring Term 1st half</th> </tr> </thead> <tbody> <tr> <td>10- 14 January</td> <td>World Religion Day</td> </tr> <tr> <td>17- 21 January</td> <td>Martin Luther King Day Rosa Parks</td> </tr> <tr> <td>24- 28 January</td> <td></td> </tr> <tr> <td>31 January- 4th February</td> <td>Chinese New Year</td> </tr> <tr> <td>7th February-</td> <td>Children's mental</td> </tr> </tbody> </table>	Spring Term 1 st half		10- 14 January	World Religion Day	17- 21 January	Martin Luther King Day Rosa Parks	24- 28 January		31 January- 4 th February	Chinese New Year	7 th February-	Children's mental	<table border="1"> <thead> <tr> <th colspan="2">Spring 2nd half</th> </tr> </thead> <tbody> <tr> <td>28 Feb- 4th March</td> <td>St. Piran's Day</td> </tr> <tr> <td>7th March- 11th March</td> <td>International Women's Day</td> </tr> <tr> <td>14- 18 March</td> <td>Refugees (Ukraine)</td> </tr> <tr> <td>21- 25 March</td> <td>Review of British Values</td> </tr> <tr> <td>28 March- 1st April</td> <td>Anti-bullying (linked to</td> </tr> </tbody> </table>	Spring 2 nd half		28 Feb- 4 th March	St. Piran's Day	7 th March- 11 th March	International Women's Day	14- 18 March	Refugees (Ukraine)	21- 25 March	Review of British Values	28 March- 1 st April	Anti-bullying (linked to		
Autumn Term 1 st half																																																						
13- 17 September	Intro to British Values with a focus on rules																																																					
20- 24 September	Intro to British Values with a focus on rules																																																					
27 September- 1 Oct	British Values- Democracy (linking to School Council)																																																					
4-8 Oct	5 ways to wellbeing																																																					
11 Oct- 15 Oct	British Values-																																																					
Autumn Term 2 nd half																																																						
1-5 Nov	Five ways to wellbeing / Climate Change Cop 26																																																					
8- 12 Nov	Remembrance Day (Respect, Individual Liberty))																																																					
15- 19 Nov	Anti- bullying week																																																					
22- 26 Nov	NSPCC- speak out stay safe assembly																																																					
29 Nov – 3 Dec	Individual liberty/ human rights																																																					
Spring Term 1 st half																																																						
10- 14 January	World Religion Day																																																					
17- 21 January	Martin Luther King Day Rosa Parks																																																					
24- 28 January																																																						
31 January- 4 th February	Chinese New Year																																																					
7 th February-	Children's mental																																																					
Spring 2 nd half																																																						
28 Feb- 4 th March	St. Piran's Day																																																					
7 th March- 11 th March	International Women's Day																																																					
14- 18 March	Refugees (Ukraine)																																																					
21- 25 March	Review of British Values																																																					
28 March- 1 st April	Anti-bullying (linked to																																																					

	<table border="1"> <tr> <td></td> <td>Respect (Black History month)</td> </tr> <tr> <td>18- 22 Oct</td> <td>Harvest Festival- Acts of kindness</td> </tr> </table>		Respect (Black History month)	18- 22 Oct	Harvest Festival- Acts of kindness	<table border="1"> <tr> <td>6- 10 Dec</td> <td>Anti- Bullying assembly</td> </tr> </table>	6- 10 Dec	Anti- Bullying assembly	<table border="1"> <tr> <td>11th February</td> <td>health week- launch of our 5 ways to wellbeing video</td> </tr> <tr> <td>14th February- 18th February</td> <td>Random Acts of Kindness</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </table>	11 th February	health week- launch of our 5 ways to wellbeing video	14 th February- 18 th February	Random Acts of Kindness					<table border="1"> <tr> <td></td> <td>David and Goliath)</td> </tr> <tr> <td>4th April- 8th April</td> <td>Autism Awareness</td> </tr> </table>		David and Goliath)	4 th April- 8 th April	Autism Awareness		
	Respect (Black History month)																							
18- 22 Oct	Harvest Festival- Acts of kindness																							
6- 10 Dec	Anti- Bullying assembly																							
11 th February	health week- launch of our 5 ways to wellbeing video																							
14 th February- 18 th February	Random Acts of Kindness																							
	David and Goliath)																							
4 th April- 8 th April	Autism Awareness																							
Community Work/ Acts of Kindness	Collecting Food for the local food bank at our school.	<p>Santa Fun Run in aid of Children's Hospice</p> <p>Collecting food for a Christmas Food box for Cornwall Christmas boxes.</p>																						