



PSHE Overview GROWING UP: PUBERTY

Year Group: Year 5

Term: AUTUMN 1

Protected Characteristics Link: Sex
British Values link: Mutual respect and individual liberty

Vocabulary:

We Are Learning to:	
<ul style="list-style-type: none"> Recognise their individuality and personal qualities. 	<ul style="list-style-type: none"> Explain where to get advice or report concerns if worried.
<ul style="list-style-type: none"> Identify the physical and emotional changes that happen when approaching/ during puberty. 	<ul style="list-style-type: none"> Recognise ways in which social media can be used positively and negatively.
<ul style="list-style-type: none"> Identify the importance of keeping clean and how to maintain personal hygiene. 	<ul style="list-style-type: none"> Identify how images on social media can be manipulated.

Useful conversations to have at home:



- Discuss what qualities you believe your child/children have.
- Talk about the physical and emotional changes that take place approaching/during puberty, including girls' periods.
Talk about what you use to maintain personal hygiene.
- Discuss where to get advice or report concerns if worried.
- List the positives and negatives of social media.
- Discuss how images on social media can be manipulated using filters etc.



PSHE Overview BULLYING MATTERS

Year Group: Year 5

Term: Autumn 2

Protected Characteristics Links: • age • disability
• marriage and civil partnership • race • religion
or belief • sex • sexual orientation

British Value Links:

• the rule of law • individual liberty • mutual
respect • tolerance of those of different faiths
and beliefs.

We Are Learning to:

<ul style="list-style-type: none"> Recognise the importance of seeking support if feeling lonely or excluded. 	<ul style="list-style-type: none"> Suggesting strategies to respond to hurtful behaviour.
<ul style="list-style-type: none"> Identify positive strategies that may help to resolve disputes in friendships. 	<ul style="list-style-type: none"> Discussing what discrimination means and how to challenge it.
<ul style="list-style-type: none"> Recognise if a friendship (online or offline) is making us feel unsafe or uncomfortable. 	<ul style="list-style-type: none"> Identifying strategies to respond to unwanted touch.
<ul style="list-style-type: none"> Recognise the impact of bullying and the consequences of hurtful behaviour. 	<ul style="list-style-type: none"> Recognising that our own behaviour can affect other people.

Useful conversations to have at home:



- Talk about how to stay safe online, reporting anything that doesn't feel right to a grown-up.
- Discuss what bullying is (STOP – Several Times On Purpose) and who they can talk to about it at home or school.
Talk about how we can help others who are being bullied or are who are lonely.
- Discuss what 'discrimination' is and how we can work together to tackle and challenge it in a positive way, eg, racism, homophobia, stereotypes, etc.
- Discuss how we can value and grow friendships, even when we may have a difference of opinion.
- Talk about 'personal space' and how some people don't like to be touched, eg, hair stroking.





PSHE Overview
MONEY MATTERS
Year Group: Year 5
Term: Autumn 2

Protected Characteristics Links:

• age • disability • marriage and civil partnership • pregnancy and maternity • race • religion or belief • sex • sexual orientation

British Values Links:

• democracy • the rule of law • individual liberty • mutual respect • tolerance of those of different faiths and beliefs.

We Are Learning to:

<ul style="list-style-type: none"> Understand different ways to keep track of money. 	<ul style="list-style-type: none"> Explore what is meant by stereotypes.
<ul style="list-style-type: none"> Understand the risks associated with money and ways of keeping money safe. 	<ul style="list-style-type: none"> Recognise that there are many factors which may influence a person's job or career choice.
<ul style="list-style-type: none"> Identify the risks involved in gambling activities. 	<ul style="list-style-type: none"> Recognise some of the skills that will help them in their future careers.
<ul style="list-style-type: none"> Identify the ways that money can impact on people's emotions. 	<ul style="list-style-type: none"> Identify the kind of job that they might like to do when they are older.
<ul style="list-style-type: none"> Recognise positive things about themselves and can set goals. 	<ul style="list-style-type: none"> Recognise a variety of routes into careers.
<ul style="list-style-type: none"> Identify that there is a broad range of different jobs/careers. 	

Useful conversations to have at home:



- Talk about what a Bank or Building society is and how they are used.
- Talk about how to keep your money safe, including the possibility of losing money eg scams.
- Talk about what gambling is and how it can impact on everyone's lives.
- Discuss how people budget their money to save up for things, eg saving up for new toy
- Talk about different jobs and the different people that take on the roles.
- Discuss how people have set up their own business and have worked hard to achieve their goal.

