



PSHE Overview BEING RESPONSIBLE

Year Group: Year 5

Term: SPRING 1

Protected Characteristic 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"> Recognising reasons for rules and laws; consequences of not adhering to rules and laws. 	<ul style="list-style-type: none"> Identifying the importance of having compassion towards others. Explaining how to show care/concern.
<ul style="list-style-type: none"> Recognising there are human rights, that are there to protect everyone. 	<ul style="list-style-type: none"> Identifying ways of protecting the environment in school and at home and understanding how everyday choices can affect the environment.
<ul style="list-style-type: none"> Understanding the relationship between rights and responsibilities. 	



Useful conversations to have at home:

What are the rules at home? School?
 What happens when the rules at home or school are not followed?
 What are human rights?
 How can we be good citizens?
 Can we recognise when others are suffering? What can we do about it? (Eg, Fundraising)
 How can we look after our environment?
 What can we do at home to look after the environment? (Eg, recycling, reusing, reducing the plastics that we buy etc.)





PSHE Overview
FIRST AID (Bleeding, Shock, Fainting,
Primary Survey and Recovery Position)
Year Group: Year 5
Term: SPRING 1

We Are Learning to:

How to respond in an emergency situation:

- Bleeding
- Shock
- Fainting
- Primary survey
- Recovery position



Useful conversations to have at home:

Do you know what to do in an emergency?

Can you call the emergency services if an adult was unable to?

What is the number to call?

Can you use a mobile phone?





PSHE Overview

BEING HEALTHY

Year Group: Year 5

Term: SPRING 2

**Protective Characteristics Links: disability
(hidden disability-mental health)**

**British Values Links: • individual liberty •
mutual respect • tolerance of those of
different faiths and beliefs.**

We Are Learning to:

<ul style="list-style-type: none"> Identifying what affects their physical and mental health. 	<ul style="list-style-type: none"> Understanding what a balanced, healthy lifestyle means.
<ul style="list-style-type: none"> Identifying what influences our choices to have a balanced lifestyle. 	<ul style="list-style-type: none"> Recognising that habits can have both positive/negative effects on a healthy lifestyle.
<ul style="list-style-type: none"> Recognising early signs of physical illness. 	<ul style="list-style-type: none"> Exploring a balanced/unbalanced diet and the effects.
<ul style="list-style-type: none"> Recognising opportunities/risks associated with an active/inactive lifestyle. 	<ul style="list-style-type: none"> Identifying routines that support good quality sleep; the effects of lack of sleep.
<ul style="list-style-type: none"> Understand the importance of personal hygiene and how to maintain it. 	<ul style="list-style-type: none"> Identifying good oral hygiene; the impact of lifestyle choices on dental care.
<ul style="list-style-type: none"> Identifying how to keep safe from sun damage and reduce the risk of skin cancer. 	<ul style="list-style-type: none"> Identifying strategies for managing/ balancing time online/offline.
<ul style="list-style-type: none"> Identifying how and when to seek support if they are worried about their health. 	<ul style="list-style-type: none"> Identify strategies and behaviours that support mental health.



Useful conversations to have at home:

What kind of activities keep both our bodies and minds healthy?

What can we eat to keep us healthy?

How can we tell if we need to see a doctor?

How do I keep myself clean everyday?

Am I spending too much time doing one thing?

Can I vary the activities that I am doing?

Am I getting enough sleep?

How do I relax before going to bed?

How do I look after my teeth?

How much time is spent offline/online?

