



PSHE Medium Term Plans

<u>Year 5 Unit Names:</u>	<u>Golden Threads:</u>
Being Me In My World Celebrating Difference Dreams and Goals Healthy Me Relationships Changing Me	Respect and Empathy Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem Responsibility and Citizenship

Long Term Plans	Enquiry Theme	Objectives	Golden Threads Links	Assessment
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Being Me In My World	Rights and responsibilities	1. To face new challenges positively and know how to set personal goals 2. To understand my rights and responsibilities as a citizen of my country 3. To understand my rights and responsibilities as a citizen of my country and as a member of my school 4. To make choices about my own behaviour because I understand how rewards and consequences feel 5. To understand how an individual's behaviour can impact on a group 6. To understand how democracy and having a voice benefits the school community and know how to participate in this	Respect and Empathy Positive Relationships Responsibility and Citizenship	1) Know how to set personal goals 2) Understand my rights and responsibilities as a citizen of my country 3) Understand my rights and responsibilities as a citizen of my country and as a member of my school 4) Make choices about my own behaviour because I understand how rewards and consequences feel 5) Understand how an individual's behaviour can impact on a group 6) Understand how democracy and having a voice benefits the school community and know how to participate in this
Celebrating Difference	Racism	1. To understand that cultural differences sometimes cause conflict 2. To understand what racism is 3. To understand how rumour-spreading and name-calling can be bullying behaviours 4. To explain the difference between direct and indirect types of bullying 5. To compare my life with people in the developing world	Respect and Empathy Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem Responsibility and Citizenship	1) Say how cultural differences sometimes cause conflict 2) Explain what racism is 3) Understand how rumour-spreading and name-calling can be bullying behaviours 4) Explain the difference between direct and indirect types of bullying

		6. To understand a different culture from my own		5) Make comparisons between my life with people in the developing world 6) Say how another culture is different from my own
Dreams and Goals	Jobs and careers	1. To understand that I will need money to help me achieve some of my dreams 2. To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs 3. To identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it 4. To describe the dreams and goals of young people in a culture different to mine 5. To understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other 6. To encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship	Respect and Empathy Positive Relationships Responsibility and Citizenship	1) Understand that I will need money to help me achieve some of my dreams 2) Name a range of jobs carried out by people I know and have explored how much people earn in different jobs 3) Identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it 4) Describe the dreams and goals of young people in a culture different to mine 5) Understand that communicating with someone in a different culture means we can learn from each other and Name a range of ways that we could support each other

				6) Encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship
Healthy Me	Body image	1. To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart 2. To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart 3. To know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations 4. To understand how the media, social media and celebrity culture promotes certain body types 5. To describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures 6. To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	Safety and Risk Management Health and Well-being Resilience and Self-esteem	1) Name some health risks of smoking and can tell you how tobacco affects the lungs, liver and heart 2) Name some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart 3) Perform some basic emergency aid procedures (including recovery position) and know how to get help in emergency situations 4) Understand how the media, social media and celebrity culture promotes certain body types 5) Describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures

				6) Name what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy
Relationships	Safer online communities	1. To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities 2. To understand that belonging to an online community can have positive and negative consequences 3. To understand there are rights and responsibilities in an online community or social network 4. To know there are rights and responsibilities when playing a game online 5. To recognise when I am spending too much time using devices (screen time) 6. To explain how to stay safe when using technology to communicate with my friends	Safety and Risk Management Positive Relationships Responsibility and Citizenship	1) Describe an accurate picture of who I am as a person in terms of my characteristics and personal qualities 2) Understand that belonging to an online community can have positive and negative consequences 3) Name some of the rights and responsibilities in an online community or social network 4) Know there are rights and responsibilities when playing a game online 5) Recognise when I am spending too much time using devices (screen time) 6) Explain how to stay safe when using technology to communicate with my friends

Changing Me	Puberty for girls and boys	1. To be aware of my own self-image and how my body image fits into that 2. To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally 3. To describe how boys' and girls' bodies change during puberty 4. To understand that sexual intercourse can lead to conception and that is how babies are usually made 5. To also understand that sometimes people need IVF to help them have a baby 6. To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) 7. To identify what I am looking forward to when I move to my next class.	Respect and Empathy Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem	1) Show self-awareness of my own self-image and how my body image fits into that 2) Explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally 3) Describe how boys' and girls' bodies change during puberty 4) Understand that sexual intercourse can lead to conception and that is how babies are usually made 5) Understand that sometimes people need IVF to help them have a baby 6) Say what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) 7) Say what I am looking forward to when I move to my next class.
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