

Overview of Learning- Year 5

Life Skills – PSHE

*Vocabulary for each module available in online word bank.

Ter	Module	Units Within Module	Key Concepts	British Values	Key Learning Outcomes	Why this, why now?
Autumn Term	Keeping/ Staying Healthy	<ul style="list-style-type: none"> Smoking Adults' and Children's Views 	<ul style="list-style-type: none"> Healthy, Balanced Lifestyle Risks and Safety Rights, Responsibilities and Consent Change and Resilience Power 	<ul style="list-style-type: none"> Individual Liberty Democracy Rule of Law 	<ul style="list-style-type: none"> explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc. describe how smoking can affect your immediate and future health and wellbeing give reasons why someone might start and continue to smoke identify and use skills and strategies to resist any pressure to smoke 	Health and Wellbeing Day - September
	Keeping/ Staying Safe	<ul style="list-style-type: none"> Peer Pressure Adults' and Children's Views 	<ul style="list-style-type: none"> Relationships Healthy, Balanced Lifestyle Risk and safety Rights, Responsibilities and Consent Change and Resilience Power 	<ul style="list-style-type: none"> Democracy Rule of Law Individual Liberty 	<ul style="list-style-type: none"> identify strategies we can use to keep ourselves and others safe recognise ways to manage peer pressure explain the potential outcomes that may happen when we take risks recognise the impact and possible consequences of an accident or incident 	Road Safety Week - November
	Growing & Changing	<ul style="list-style-type: none"> Puberty Adults' and Children's Views 	<ul style="list-style-type: none"> Relationships Healthy, Balanced Lifestyle Change and Resilience 	<ul style="list-style-type: none"> Individual Liberty Democracy 	<ul style="list-style-type: none"> explain what puberty means describe the changes that boys and girls may go through during puberty identify why our bodies go through puberty develop coping strategies to help with the different stages of puberty identify who and what can help us during puberty 	Anti- Bullying Week - November
Spring	Being Responsible	<ul style="list-style-type: none"> Looking Out For Others Adults' and Children's Views 	<ul style="list-style-type: none"> Identity Relationships Risk and Safety Rights, Responsibilities and Consent 	<ul style="list-style-type: none"> Rule of Law Mutual Respect Democracy 	<ul style="list-style-type: none"> recognise why we should take action when someone is being unkind describe caring and considerate behaviour, including the importance of looking out for others demonstrate why it is important to behave in an appropriate and responsible way identify how making some choices can impact others' lives in a negative way 	

Aspirational

Resilient and Challenge Seeking

Caring and Collaborative

Creative and Curious

	Computer Safety	<ul style="list-style-type: none"> Image Sharing Adults' and Children's Views 	<ul style="list-style-type: none"> Relationships Healthy, Balanced Lifestyle Risk and Safety Rights, Responsibilities and Consent Power 	<ul style="list-style-type: none"> Democracy Rule of Law Mutual Respect 	<ul style="list-style-type: none"> list reasons for sharing images online identify rules to follow when sharing images online describe the positive and negative consequences of sharing images online recognise possible influences and pressures to share images online 	Safer Internet Day - February
	Feelings and Emotions	<ul style="list-style-type: none"> Anger Adults' and Children's Views 	<ul style="list-style-type: none"> Identity Healthy, Balanced Lifestyle Relationships Change and Resilience Power 	<ul style="list-style-type: none"> Mutual Respect Tolerance of Those of Different Faiths and Beliefs Democracy 	<ul style="list-style-type: none"> recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant explain how feelings can be communicated with or without words recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people demonstrate a range of strategies to help control and manage unpleasant/ uncomfortable emotions, such as anger 	Health and Wellbeing Day - February
Summer Term	A World Without Judgement	<ul style="list-style-type: none"> Inclusion and Acceptance Adults' and Children's Views 	<ul style="list-style-type: none"> Identity Relationships Diversity and Equality Rights, Responsibilities and Consent Change and resilience 	<ul style="list-style-type: none"> Mutual Respect Tolerance of Those of Different Faiths and Beliefs Democracy Individual Liberty 	<ul style="list-style-type: none"> identify some of the ways in which we are different and unique explain some of the elements which help us to have a diverse community describe strategies to overcome barriers and promote diversity and inclusion 	
	First Aid	<ul style="list-style-type: none"> Basic Life Support 	<ul style="list-style-type: none"> Risk and Safety 	<ul style="list-style-type: none"> Democracy 	<ul style="list-style-type: none"> complete a primary survey for first aid demonstrate the recovery position for an unresponsive breathing casualty know when to deliver CPR demonstrate how to do CPR know when to call for emergency help 	
	The Working World	<ul style="list-style-type: none"> Enterprise Adults' and Children's Views 	<ul style="list-style-type: none"> Healthy, Balanced Lifestyle Career Rights, responsibilities and Consent 	<ul style="list-style-type: none"> Rule of Law Democracy Individual Liberty Mutual Respect 	<ul style="list-style-type: none"> understand and explain why people might want to save money identify ways in which you can help out at home budget for items you would like to buy recognise ways to make money and the early stages of enterprise 	RSE Day - Last Thursday in June Enterprise Week - July