



Year 5			
Introductions		Setting ground rules for PSHE	
Family and Relationships	Lesson 1	Build a friend	To understand how to form and maintain positive relationships.
	Lesson 2	Friendship skills	To explore the ups and downs of friendships
	Lesson 3	Marriage	To understand the concept of marriage.
	Lesson 4	Respecting myself	To begin to understand self-respect.
	Lesson 5	Family Life	To begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens.
	Lesson 6	Bullying	To understand more about bullying and how to get help.
	Lesson 7	Stereotyping: Gender	To recognise how attitudes to gender have changed over time.
	Lesson 8	Stereotypes: Race and religion	To explore the impact of stereotypes and how they can lead to discrimination.
Health and Wellbeing	Lesson 1	Relaxation: yoga	To use yoga poses and breathing to relax.
	Lesson 2	The importance of rest	To understand the importance of sleep.
	Lesson 3	Embracing failure	To understand the purpose of failure.
	Lesson 4	Going for goals	To learn how to set short-term, medium-term and long-term goals.
	Lesson 5	Taking responsibility for my feelings	To use vocabulary to describe their feelings and take responsibility for them.
	Lesson 6	Healthy meals	To understand and be able to plan healthy meals.
	Lesson 7	Sun safety	To understand risks associated with the sun and how these can be avoided.



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Safety and the changing body	Lesson 1	Online friendships	To begin to understand some issues related to online friendships including the impact of their actions.
	Lesson 2	Staying safe online	To learn about staying safe online.
	Lesson 3	Puberty	To understand physical changes during puberty.
	Lesson 4	Menstruation	To understand the menstrual cycle.
	Lesson 5	Emotional changes in puberty	To understand emotional changes during puberty.
	Lesson 6	First Aid: Bleeding and head injuries	To understand how to help someone who is bleeding.
	Lesson 7	Alcohol, drugs and tobacco: Making decisions	To begin to understand the influences others have on us and how we can make our own decisions.
Citizenship	Lesson 1	Breaking the law	To begin to understand what happens when the law is broken.
	Lesson 2	Rights and responsibilities	To explore the links between rights and responsibilities.
	Lesson 3	Protecting the planet	To understand how reducing our use of materials and energy will help the environment.
	Lesson 4	Contributing to the community	To understand how we recognise and value the contribution people make to the community.
	Lesson 5	Pressure Groups	To recognise the role of pressure groups.
	Lesson 6	Parliament	To begin to understand how parliament works.
Economic Wellbeing	Lesson 1	How can we make our money stretch further?	To prioritise needs over wants.
	Lesson 2	How should I budget for the week?	To create a weekly budget.



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	Lesson 3	Borrowing and loaning	To identify the significance of borrowing and loaning money.
	Lesson 4	Risks handling money online	To examine the risks associated with handling money online.
	Lesson 5	Why challenge workplace stereotypes	To identify and challenge stereotyping in the workplace.
	Lesson 6	Finding a suitable career	To explore how personal interests and skills align with different careers.
Transition lesson			Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.