



Manor Drive Primary Academy

PSHE Curriculum

Year 5

Block One

PSHE
Relationships: Respecting Self and Others
Block 1

Discrimination, teasing, bullying and aggressive behaviour

- What is meant by prejudice and discrimination
- How it can be shown - teasing, bullying, hurtful behaviours and prejudice based language
- Have the children ever been a victim of or witnesses prejudice?
- Discuss the impact it can have. When a person goes home how will they feel?
- Suggest ways we should be more inclusive and why.
- If appropriate reference to communities in the City and Manor Drive area
- Videos to share nspcc do some good ones.

PSHE

Health and Wellbeing: Physical & Mental Health

Block 1

Habits and Routines

- Bedtime routine
 - Importance of sleep
 - The impact of not enough sleep
 - Tablet/Phone use
 - Hygiene at bedtime
- Morning routines
 - Alarm
 - Breakfast
 - Hygiene

lack of routine on mental health

- Lack of sleep
 - Brain development, learning capacity.
 - Bad mood and tired
 - Hunger and sugar cravings to stay awake
 - Limited positive thoughts
- Lack of morning routine
 - Not prepared
 - Rushed
 - Feeling in a bad mood

What does a positive routine look like.

PSHE

Living in the Wider World: Belonging to a Community

Block 1

British Law and universal human rights

Human Rights Law:

- Human rights laws take precedence over other beliefs/ideas
- Laws related to human rights apply to everyone, regardless of family, culture or religion

Cultural practices that are against British Law and universal human rights

British Law

- Identify cultural practices which can harm others (eg forced marriage) do exist
- Recognise these are illegal in British law and go against human rights

Block Two

PSHE

Relationships: Safe Relationships

Block 2

Boundaries

Explore what boundaries are:

1. What are boundaries?
 - understanding and respecting our own needs, and being respectful and understanding of the needs of others,
1. Physical boundaries and emotional boundaries.
2. The importance of knowing your own boundaries.
 - a. How do you like to be spoken to?
 - b. How do you like to be treated?
 - c. How do you feel about closeness.

Boundaries

- Emotional boundaries
 - how others talk to and treat us.
 - aren't always things we think to set until after a boundary has already been crossed
- Strategies for dealing with unwanted emotional treatment (abuse/bullying).
- Talking to someone about it.

PSHE

Health and Wellbeing: Growing and Changing

Block 2

Personal Identity and Individuality

What contributes to who we are:

- Ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
- Gender identity - some people don't recognise with their biological sex. (emphasis, this is not a choice, people are born this way).
- Recognise their individuality and personal qualities.

Respecting different qualities

Identity personal strengths, skills, achievements and interests and how these contribute to our self worth.

Resecting the identity of others.

How our identity helps with resilience e.g. deal with setbacks and perceived failures.

PSHE

Living in the Wider World: Media and Literacy Resilience Block 2

Media and influence

To be critical of what see and read in the media and consider information they choose to forward to others.

- Describe different ways information comes to us via the media
- Persuasion and how this happens, eg adverts, reviews, gossip and money scams
- Media used to reinforce stereotypes
- Questions to ask and skills to use to detect bias or misrepresentation.

Use adverts from television and in print. Look at how reviews (eg same computer game/holiday) can be presented differently and influence people.

Media and influence

How the information on the internet is ranked, selected and targeted at specific individuals and groups.

Connected devices can share information

Block Three

PSHE
Relationships: Friends and Family
Block 3

Managing friendships

- Importance of positive friendships.
- Strategies for building supportive friendships.
- How positive support our wellbeing and resilience.
- What constitutes a positive healthy friendships. Identify what you value in a positive friendship
 - Do your friends display these qualities.
 - Do you display these qualities.

Managing friendships online

- Online friendships
 - What it means to know someone online.
 - How do people make friends online.
 - Discuss platforms and conversations.
- How we treat people online:
 - Would we say that to their face?
 - Sharing of images?
 - When a online friendship becomes inappropriate.

PSHE

Health and Wellbeing: Keeping Safe

Block 3

Keeping Safe

Independence:

- How do you keep yourselves safe?
- What dangers exist in your lives? Identify local dangers.
- Increased responsibility and keeping safe
- Responsibility for own safety
- Including travel to and from school
- Responsibility for the safety of others

Keeping Safe

Personal safety:

- Strategies to manage safety online, in the local environment and with mobile phones.
- How to keep safe
- How and who to alert if safety compromised
- What you should not do e.g. carry weapons.

PSHE;
Living in the Wider World: Money and Work
Block 3

Role of money.

Finance plays an important part in people's lives

- Identify role of finance(money) plays in different aspects of people's lives (eg where they live, job, social life, products they buy)
- Personal finance can affect lifestyle choices - some jobs pay more than others and money is one factor in choosing a career/job
- Evaluate how people judge success in working lives - is salary more or less important than job satisfaction?

Be aware of how many whose parents are unemployed.

Employment

- Broad range of jobs and careers
 - People generally have more than one in their life.
- Recognise positive things about themselves and achievement to set goals and help achieve personal outcomes.
- Dream jobs; blue sky thinking of what they can achieve.
 - Do what you love!

Block Four

PSHE
Relationships: Respecting Self and Others
Block 4

Discrimination, teasing, bullying and aggressive behaviour

- Identify ways people can be discriminated against.
- How are we different?
- How are we the same?
- Consider our families. All families look different.
- What makes a successful family.

PSHE

Health and Wellbeing: Physical & Mental Health

Block 4

Sun protection

- Sun safety and responsibility
 - Suncreams
 - SPF
 - Skin damage
 - Skin cancer

Vaccinations, immunisations and allergies

Medicines, when used responsibly, contribute to health.

Diseases can be prevented by vaccinations and immunisations (COVID) and HPV
(<https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/>)

How allergies can be managed.

PSHE

Living in the Wider World: Belonging to a Community Block 4

Who makes the rules?

- Democracy
- Parliament
- Electing governments
- Can individuals make changes?

Environmental impact that impact globally

Shared responsibility for protecting the environment in school and at home:

- Everyday choices impact environment.
 - Reducing, recycling, food choices, clothes recycling (depop, Vinted)
- Worldwide impact from local and personal decisions.

Block Five

PSHE

Relationships: Safe Relationships

Block 5

Physical Contact

Reinforce NSPCC's Underwear Rule covered in previous years.

Physical boundaries:

- Recognise different types of physical contact
 - Acceptable
 - Unacceptable
- When touch and physical contact feels uncomfortable.
- Pressure to do something you don't want to; CONSENT..
- Strategies for responded to unwanted contact.
- Reporting unwanted contact.

Online boundaries

- Importance of our private and personal boundaries
 - Recap previous lessons of emotional and physical.
- Online boundaries; what is acceptable.
- Strategies for dealing with all types of unacceptable behaviour and treatment (emotional and physical and emotional).
- Reporting concerns. No matter how small they may seem.

PSHE

Health and Wellbeing: Growing and Changing

Block 5

Mental wellbeing

- The importance of taking care of mental health.
- Everyday things can impact our mental health.
- Importance of recognising our feelings and naming them.
- Strategies and behaviours that support mental health:
 - Sleep, physical exercise, outdoors, groups and clubs, doing things for others, spending time with friends and family.
- Menstruation

Mental welling

- Recognise that feelings can change over time.
 - Some can fade, others can increase with intensity.
- Being able to voice and talk about what's happening.
- Strategies to respond to feelings, including intense conflicting feelings.
- To recognise warning signs about mental health.
- Where and how to seek support.

PSHE

Living in the Wider World: Media and Literacy Resilience Block 5

Different media

What is media?

What is the point of the media?

Name as many sources of media as you can...

What is the intention of each platform?

Different media

What media do you use?

How text and images in the media and on social media can be manipulated or invented.

Strategies to evaluate the reliability of sources and identify misinformation.

Block Six

PSHE
Relationships: Friends and Family
Block 6

Peer Influence

- Identify the difference between negative peer influence and a positive challenge
- Explain strategies that can be used to manage negative peer influence (or dares).
- Why it is wrong.
- Shared responsibility if someone is put under pressure to do something harmful/dangerous
- Impact on mental health

Peer Influence

- Benefits of positive peer influence
 - What does it feel like.
 - Challenge
 - Want to succeed
- What can you do to support your friends with positive influence.

PSHE
Health and Wellbeing: keeping Safe
Block 6

Emergency situations

- How to respond and react in an emergency situation:
 - How to identify situations that may require the emergency services
 - How to contact them
 - What to say

Basic First Aid

What is meant by basic first aid

Basic techniques for dealing with common injuries.

PSHE

Living in the Wider World: Money and Work Block 6

Role of money.

Being a critical consumer.

- Describe factors that make consumers want to buy such as deals (3 for the price of 2) - who benefits?
- Explain why we should be wary of claims made in advertisements
- Evaluate if something is 'value for money' and explain their view.

Link to Fair Trade.

Spending decisions

- How our spending decisions can affect others and the environment:
 - Fair trade
 - Buying single use plastics
 - Giving to charity