

PSHE curriculum

'Let Your Light Shine'

Matthew 5:16



Year group 5	My Happy Mind	Other coverage
<p>Autumn 1</p>	<p>Meet your Brain</p>	<p>Keeping safe pupils will learn H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about. H43. about what is meant by first aid; basic techniques for dealing with common injuries.</p>
<p>Autumn 2</p>	<p>Celebrate</p>	<p>Media literacy and digital resilience pupils will learn L11. recognise ways in which the internet and social media can be used both positively and negatively. L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results. L13. about some of the different ways information and data is shared and used online, including for commercial purposes.</p>
<p>Spring 1</p>	<p>Appreciate</p>	<p>Safe relationships Pupils will learn R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact.</p>

		R26. about seeking and giving permission (consent) in different situations. R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online).
Spring 2	Relate	<p>Ourselves growing and changing pupils will learn -</p> <p>H26. that for some people gender identity does not correspond with their biological sex</p> <p>H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.</p> <p>H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams).</p>
Summer I	Engage	<p>Drugs, alcohol and tobacco pupils will learn -</p> <p>H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break.</p> <p>H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines).</p>

		<p>H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping.</p> <p>H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.</p>
Summer 2	Relationships – lessons 1, 2, 3	