



Year 5 PSHE Overview

Autumn Term 1	Spring Term 1	Summer Term 1
Theme: Mental health and emotional wellbeing Focus: Dealing with feelings	Theme: Physical health and wellbeing Focus: In the media	Theme: Keeping safe and managing risks Focus: When things go wrong
Children learn about: <ul style="list-style-type: none"> • A wide range of emotions and feelings and how these are experienced in the body. • Times of change and how this can make people feel. • The feelings associated with loss, grief and bereavement. 	Children learn about: <ul style="list-style-type: none"> • Messages given on food adverts can be misleading. • Role models. • How the media can manipulate images and that these images may not reflect reality. 	Children learn about: <ul style="list-style-type: none"> • Keeping safe online. • That violence within relationships is not acceptable. • Problems that can occur when someone goes missing from home. 
Autumn Term 2	Spring Term 2	Summer Term 2
Theme: Identity, society and equality Focus: Stereotypes, discrimination and prejudice (including tackling homophobia)	Theme: Careers, financial capability and economic wellbeing Focus: Borrowing and earning money	Theme: Drug, alcohol and tobacco education Focus: Different influences
Children learn about: <ul style="list-style-type: none"> • Stereotyping, including gender stereotyping. • Prejudice and discrimination and how this can make people feel. 	Children learn about: <ul style="list-style-type: none"> • Money can be borrowed but there are risks associated with this. • Enterprise. • What influences people's decisions about careers. 	Children learn about: <ul style="list-style-type: none"> • The risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis. • Different influences on drug use- alcohol, tobacco and nicotine products. • Strategies to resist pressure from others about whether to use drugs- smoking drugs and alcohol. 
<p><u>Year 5 Key Vocabulary:</u> Balanced lifestyle, choices, health, wellbeing, balanced diet, choices, food, influence, media, images, achievements, goals, emotions, feelings, changes, transitions, loss, separation, divorce, bereavement, risks, danger, safety, hygiene, pressure, influences, peers, media, habits, drugs, alcohol, tobacco, medicines, caffeine, puberty, physical, emotional, human reproduction, babies, sexual intercourse, pregnancy, contraception, parents, carers, female genital mutilation, bodies, safety, abuse, online, personal information, passwords, images, advice, support, mobile phones, responsibility, feelings, empathy, friendships, families, couples, positive, unhealthy, pressure, committed, civil partnerships, marriage, forced, actions, behaviour, physical contact, acceptable, unacceptable, confidentiality, secrets, opinions, respect, collaborative, goals, disputes, conflict, equality, identity, stereotypes, discrimination, bullying, privacy, rules, the law, human rights, female genital mutilation, money, saving, budgeting.</p>		

Please note: The red flag symbol demarcates themes directly related to safeguarding pupils. 