

Broadfield Community Primary School PSHE curriculum - Year Five

Core Theme One - Health and Well Being

Core Theme Two - Relationships Core

Theme Three - Living in the Wider World

	Core Themes			Lesson Title	Learning Outcomes
	1	2	3		
Autumn One			✓	Structure - Just Imagine	<ul style="list-style-type: none"> <li>To understand why structure is needed in different situations</li> <li>To understand the term 'anarchy' and understand the implications of living in an anarchic society</li> </ul>
			✓	Law and Order - In Charge	<ul style="list-style-type: none"> <li>To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy</li> </ul>
			✓	U.N. - Our Rights	<ul style="list-style-type: none"> <li>To learn about organisations such as the United Nations</li> <li>To understand the importance and significance of equal rights</li> </ul>
		✓		Online Relationships - A Risky Business	<ul style="list-style-type: none"> <li>To know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</li> <li>To know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</li> <li>To know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</li> </ul>

		✓		<p><i>Drugs - Just Say No!</i></p> <ul style="list-style-type: none"> <li>• To take action based on responsible choices</li> <li>• To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>• To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>
	✓			<p><i>Alcohol - Drink Aware</i></p> <ul style="list-style-type: none"> <li>• To take action based on responsible choices</li> <li>• To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>• To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>

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Autumn Two	✓			Death and Grief - It's Natural	<ul style="list-style-type: none"> <li>To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</li> <li>To manage changing emotions and recognise how they can impact on relationships</li> </ul>
	✓			Death and Grief - Poppies	<ul style="list-style-type: none"> <li>To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle</li> </ul>
	✓			Managing Conflict - Families at War	<ul style="list-style-type: none"> <li>To understand the need for empathy when peers are experiencing conflict at home</li> </ul>
			✓	Community Event - We're Cultural	<ul style="list-style-type: none"> <li>To understand the benefits of living in a diverse community and learn to celebrate diversity</li> <li>To talk with a wide range of adults</li> </ul>

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Spring One	✓			Physical, Emotional and Mental - What's Puberty?	<ul style="list-style-type: none"> <li>To know about, recognise and understand changes that occur during puberty</li> </ul>
	✓			Healthy Lifestyles - You Choose!	<ul style="list-style-type: none"> <li>To understand the importance of making change in adopting a more healthy lifestyle</li> </ul>
	✓			Tobacco - Up In Smoke	<ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>
	✓			Substance Abuse - Let's Be Frank!	<ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>

	Core Themes			Lesson Title	Learning Outcomes
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Spring Two	✓			Physical, Emotional and Mental - Three Dimensional	<ul style="list-style-type: none"> <li>To know about the basic synergy between physical, emotional and mental health</li> </ul>
		✓		Confidentiality - Secret Info	<ul style="list-style-type: none"> <li>To recognise that there are many different ways to communicate</li> <li>To understand the need for confidentiality in certain situations</li> </ul>
		✓		Listening - I'm All Ears!	<ul style="list-style-type: none"> <li>To know and understand the importance of listening to others</li> <li>To understand the role of the listener in any relationship</li> </ul>
		✓		Responding - Scenarios	<ul style="list-style-type: none"> <li>To recognise that there are many ways to communicate</li> <li>To understand the need to both listen and speak when communicating with others</li> </ul>

	Core Themes				Lesson Title	Learning Outcomes
Summer One	✓				Food Choices - Secret Eaters	<ul style="list-style-type: none"> <li>To know about the different food groups and their related importance as part of a balanced diet</li> <li>To develop an awareness of their own dietary needs</li> </ul>
	✓				Food Choices - Invention Team	<ul style="list-style-type: none"> <li>To work independently and in groups, taking on different roles and collaborating towards common goals</li> <li>To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle</li> </ul>
	✓				Cooking - Michelin Stars	<ul style="list-style-type: none"> <li>To know how to cook and apply the principles of nutrition and healthy eating</li> <li>To prepare and cook with a variety of ingredients, using a range of cooking techniques</li> </ul>
		✓			Physical Contact - Touch Sensitive	<ul style="list-style-type: none"> <li>To know about and understand the importance of touch in a range of contexts</li> <li>To know the difference between appropriate and inappropriate touches</li> </ul>

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Summer Two		✓		Responding - Scrabble	<ul style="list-style-type: none"> <li>To recognise that there are many ways to communicate</li> <li>To understand the need to both listen and speak when communicating with others</li> </ul>
		✓		Shared Goals - It's All Go!	<ul style="list-style-type: none"> <li>To recognise that there are many roles within a community</li> <li>To understand the need to collaborate in a group situation</li> </ul>
		✓		Community Spirit - All Join In	<ul style="list-style-type: none"> <li>To recognise that there are many roles within a community</li> <li>To understand the need to collaborate in a group situation</li> </ul>
	✓			Basic First Aid - First Aid Tips	<ul style="list-style-type: none"> <li>To know about and understand the importance of touch in a range of contexts</li> <li>To know the difference between appropriate and inappropriate touches</li> </ul>

