

Melbourne Junior School PSHE - Medium Term Overview - Year 5

	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
	Families and Friendships	Safe relationships	Anti-Bullying	Rights and Responsibilities	Diversity and Community	Economic Wellbeing	Healthy Lifestyles	Relationships and Sex Education	Keeping Safe and Managing Risk
Special Events we celebrate in	Friendship month - September Black History Month - October Children in Need - November Remembrance Day - November Anti-bullying week- November			Holocaust memorial Day - January International Women's day - March Fair Trade fortnight - March Justice week - March Young Carer's Day - March Comic/Sport relief - March Neurodiversity and Down Syndrome Day- March			Earth Day - April Global Road safety week - May Mental health awareness week - May Young Money Week - June Empathy Day - June Pride Day - June		
UKS2	<ul style="list-style-type: none"> RSE Mental wellbeing RSE Caring and respectful relationships RSE Being safe Feelings, friendship skills, compromise, co-operation and assertiveness Conflict and resolution Recognising bullying, stereotyping, prejudice-based bullying and understanding bystander behaviour. Understanding about respect, pressure, trust, confidence and support Helping others - First Aid (Y5) 			<ul style="list-style-type: none"> Roles, rights and responsibilities within communities, including Human Rights Understanding the lives of others in the world and being tolerant and respectful British Values Making a difference in the world by helping others and the environment 			<ul style="list-style-type: none"> Decisions about what might influence people's decisions about a job or career Decisions about earning and saving, lending, borrowing and spending Body parts, puberty and hygiene Dealing with changing emotions and self-esteem Appropriate touch, trust and pressure When to keep a secret and when not to Body image, stereotypes and media influence Conception and pregnancy (Y6) Drugs, alcohol, smoking and managing risk Managing difficult feelings and getting help 		
Year 5 sessions	Lessons 1-4 Kapow Wellbeing lessons Explain the difference between a fixed mindset and a growth mindset. Identify key values of how to work well in a team and suggest ways to support others. Identify how kindness can benefit mental health and wellbeing.			Lessons 1-3 based on Global Education Derby's lessons on British Values and SCARF 1. Britain and Britishness 'A diverse Nation... a shared identity' 2. What are British Values and which are important to me 3. SCARF The Land of the Red people and The Island			Money - PSHE ASSOCIATION - LOUD Network and SCARF 1. Head Chef - Decisions about what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values		

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Understand how their actions impact others.

Infer the feelings and emotions of others.

Lesson 5 and 6 based on SCARF and Red Cross First Aid

Why is First Aid important? How to give First Aid

Lessons 7 and 8 based on Anti-bullying and the Anti-bullying Alliance theme

1. What is bullying? What to do if you are being bullied and what to do if you see someone being bullied. What is a bystander?
2. Activities based on the yearly theme
3. Trans and homophobic bullying SCARF Stop Start Stereotypes

Lesson 9 based on Black History Month resources

4. Rosa Parks, Ruby Bridges and Kamala Harris.

Lesson 4 Neurodiversity Week poster based on videos.

Lessons 5 and 6 based on Oxfam Global Food and Fair Trade

5. Farming around the world and the global supply chain.
6. Fair Trade - Is food fair?

Lesson 7 based on Go Givers All for Profit

7. Children's rights and child slavery

Science week jobs link

2. Lend us a Fiver- Borrowing, spending and lending

RSE and Health Education lessons based on SCARF

Growing and Changing

1. Emotions (How are they Feeling?)
2. Trust and appropriate touch (Taking notice of our Feelings)
3. Body parts, puberty and hygiene (Changing Bodies and Feelings & Growing Up and Changing Bodies)
4. Dealing with changing emotions (Help! I'm a teenager - get me out of here!)
5. When to keep a secret and when not to (Dear Ash)
6. Stereotypes and prejudice (Stop, Start, Stereotypes)

Keeping Myself Safe

7. Drugs (Drugs: True or False?)
8. Smoking (Smoking: What is normal?) and Vaping

Physical Health and Fitness

9. What's the Story?

Empathy Day work linked to Whole Class Reading.

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