

Year 5 Curriculum Map

PSHE

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Unit of Learning	Transition and mental health	Identity, society and equality	Keeping safe and managing risk	Respectful relationships	Harmful substances	RSE: growing up and changing
Unit Focus	To understand themselves in a new environment	To understand the wider world	To understand and manage risks	To make informed decisions about relationships	To understand and manage risks	To understand themselves as they get older
Key Knowledge	Getting to know Ipsley  Understanding PSHE  Understanding mental health Understanding your feelings	Gender Stereotypes  Positive role models  The impact of the media	Keeping safe online and out and about  Bullying – understanding others	Recognising how to behave and use good manners  Developing respectful relationships	Understanding what harmful substances are  Understanding risks linked with these.  Strategies to resist.	Human life cycle  Physical changes of puberty  Hygiene
SMSC	Sense of belonging	Questions about diversity of cultures and people	Perseverance to solve problems	Empathy with different people	Questions of why people make certain choices	Personal response and reflection.
How you can help your child at home.	Discuss changes to school life Discuss mental health	Reflect on their use of social media and the impacts on life	Reflect on their use of social media and the impacts on life	Discuss what makes a respectful relationship	Discuss harmful substances in the home	Discuss puberty and the support you will give them