**YEAR 5 – PSHE Curriculum**

**Red Links to SCARF**

**Blue Islington on Teacher Secure**

**Autumn 1 - Physical Health & Well Being**

Positive and negative impacts on a healthy/unhealthy lifestyle. - The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. Getting Fit.

In the media - know that food and drink adverts can use misleading marketing messages in order to make a product seem more healthy for people. **LESSON ONE Pupils learn that messages given on food adverts can be misleading.**

Positive role models - are able to analyse how the media portray celebrities. Recognise that celebrities can be presented as role models and that they may be a good or not-so-good role model for young people. **LESSON TWO Pupils learn about role models.**

**LESSON THREE Pupils learn about how the media can manipulate images and that these images may not reflect reality.**

**Autumn 2 - Mental health and emotional well being**

5 steps to emotional well being – Being physically Active, Sleeping well, Eating a healthy diet, Talking to others, Keep Learning!!!

Everybody has a choice -The importance of self-respect and how this links to their own happiness. Making the right choices and decisions. Happy Being Me. Kind conversations.

Stereotypes, discrimination and prejudice in all forms - About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. What a stereotype is, and how stereotypes can be unfair, negative or destructive. **LESSON ONE Pupils learn about stereotyping, including gender stereotyping.**

**LESSON THREE Pupils learn about prejudice and discrimination and how this can make people feel.**

**Spring 1 - Keeping safe and managing risk**

Acceptable and unacceptable behaviour within relationships. Spot Bullying.

Drugs and alcohol (community safety) Drugs: True or False? Smoking: what is normal?

Online safety. Play, like, share.

Spring 2 - **Healthy relationships**

Alongside the Science Curriculum - Puberty and changing emotions. Changing bodies and feelings. Growing up and changing bodies.

Characteristics in positive relationships -That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up. Relationship Cake Recipe.

Stable, caring relationships in all forms - That others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care. The Land Of The Red People.

**Summer 1 -** **Keeping our bodies safe**

Personal hygiene and germs, how viruses are spread and treated. Basic First aid and Sepsis Awareness.

The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours. ‘Thunking’ about habits.

 Drugs alcohol and tobacco. The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. (\*NB: Medicine safety also included in our sessions. Would You Risk It?

The media and other influences -About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing. **LESSON ONE Pupils learn about keeping safe online. Communication.**

**Summer 2 - Mental Health & Emotional Well Being**

Transition into year 6.

5 steps to emotional well being