

AUTUMN TERM 1

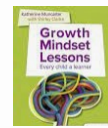
Physical health and wellbeing: In the media

Pupils learn:

- about role models. Who are your role models? What makes a good role model? What qualities do we look for in a role model? Are role models always famous and celebrated people or can a role model be someone we know in real life? Can we be role models to younger pupils?
- about how the media can manipulate images and that these images may not reflect reality—with a focus on how media portrayal of body image might affect people's self esteem, and the unreliability of social media as an indicator of happiness and/or personal success.
- that messages given on food adverts can be misleading and how this can differ from reality and how we must be mindful of the importance of a healthy diet.



Year 5



2

AUTUMN TERM

Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)

Pupils learn about menstruation

Pupils learn:

- about stereotyping, including gender stereotyping. Pupils discuss how certain roles in society were traditionally categorised as either male or female and how we can break down these stereotypes.
- about prejudice and discrimination and how this can make people feel, including discrimination on the grounds of gender, sexuality, religion and culture.
- about further physical changes associated with puberty - menstruation including good hygiene habits and how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty. This includes a cross phase visit from the PSHE lead at BHSA senior school.

SPRING TERM 1

Keeping safe and managing risk: When things go wrong

Pupils learn:

- that violence within relationships is not acceptable
- How to stay safe online, including the importance of never meeting someone you have not met in real life, the danger of sharing personal information and what to do if you feel threatened or worried online.
- about problems that can occur when someone goes missing from home and how to get help if feeling worried or anxious



SPRING TERM 2

Mental health and emotional wellbeing: Dealing with feelings

Pupils learn:

- about a wide range of emotions and feelings and how these are experienced in the body
- about times of change and how this can make people feel including house moves, new siblings, changes of season and family changes.
- about the feelings associated with loss, grief and bereavement and how important it is to acknowledge and talk about the stages of grief.



Year 5

SUMMER 1

Drug, alcohol and tobacco education: Different influences

Pupils learn:

- about the risks associated with smoking drugs, including cigarettes, e-cigarettes and cannabis
- about different influences on drug use – alcohol, tobacco and nicotine products, including the dangers associated with vaping
- strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol - including the portrayal of drugs and alcohol in the media and advertisements, and peer pressure regarding drinking and drug use
- A case study on the health risks of smoking



SUMMER 2

Careers, financial capability and economic well-being: Borrowing and earning money

Pupils learn:

- that money can be borrowed but there are risks associated with this
- about enterprise. Pupils take part in 'The Fiver Challenge'.
- what influences people's decisions about careers. What career options do you have? What careers do you aspire to? How will you choose your future career? How much of your decision will be influenced by prospective salary? How important is job satisfaction compared with salary?
- Different ways that people pay for items such as online, loans, hire purchase schemes and mortgages.

You, Me, PSHE
A scheme of work for the
primary school
Years 1-6

