

Y5	PSHE Scheme of Work	
Key Skills in PSHE-Y5	Useful resources, websites etc	Key messages for teachers
<p><u>Being Me in My World</u> (Autumn 1)</p> <ul style="list-style-type: none"> <li>• Planning the forthcoming year</li> <li>• Being a citizen</li> <li>• Rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• How behaviour affects groups</li> <li>• Democracy, having a voice, participating</li> </ul> <p><u>Celebrating Difference</u> (Autumn 2)</p> <ul style="list-style-type: none"> <li>• Cultural differences and how they can cause conflict</li> <li>• Racism</li> <li>• Rumours and name calling</li> <li>• Types of bullying</li> <li>• Material wealth and happiness</li> <li>• Enjoying and respecting other cultures</li> </ul> <p><u>Dreams and Goals</u> (Spring 1)</p> <ul style="list-style-type: none"> <li>• Future dreams</li> <li>• Importance of money</li> <li>• Jobs and careers</li> <li>• Dream job and how to get there</li> <li>• Goals in different cultures</li> <li>• Supporting others [charity]</li> </ul>	<p>Refer to Jigsaw folder (one per class) for lessons, assessment, resources to photocopy</p> <p>Resource list supplied in Jigsaw files and may contain certain books/video clips</p> <p>Staff Shared contains a 'Jigsaw' folder where PowerPoints can be accessed for lessons</p> <p>Soft toy Jigsaw Piece (one per class) for use in lessons and circle time activities</p> <p>Chime bar (one per class) can be used in 'Calm me' sessions</p> <p>CD of song music (one per year group and on Staff Shared) to be used in lessons</p> <p>Extensive range of books available on PSHE shelf (on Yr 6 corridor)</p> <p>Jigsaw Website:  <a href="https://www.jigsawpshe.com/#welcome-to-jigsaw-pshe">https://www.jigsawpshe.com/#welcome-to-jigsaw-pshe</a></p>	<p>What is PSHE?</p> <p>PSHE Education is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives – now and in the future. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.</p> <p>From Jigsaw Programme</p> <p>Child-friendly:</p> <p>PSHE stands for Personal, Social and Health Education. Personal – all about me: why I am special, keeping myself safe and happy, know how to use and save money.  Social – how I interact with my friends, family and the community: rights, respect, working together.  Health – How to keep myself healthy in body and mind: knowing how to keep myself safe and have healthy relationships.  All these relate to now and when I grow up too.</p>

<ul style="list-style-type: none"> <li>• Motivation</li> </ul> <p><u>Healthy Me</u> (Spring 2)</p> <ul style="list-style-type: none"> <li>• Smoking, including vaping</li> <li>• Alcohol</li> <li>• Alcohol and anti-social behaviour</li> <li>• Emergency aid</li> <li>• Body image</li> <li>• Relationships with food</li> <li>• Healthy choices</li> <li>• Motivation and Behaviour</li> </ul> <p><u>Relationships</u> (Summer 1)</p> <ul style="list-style-type: none"> <li>• Self-recognition and self-worth</li> <li>• Building self-esteem</li> <li>• Safer online communities</li> <li>• Rights and responsibilities online</li> <li>• Gaming and gambling</li> <li>• Reducing screen time</li> </ul>	<p>Username and password needed. See K wade if something specific is needed from here please</p> <p>SCARF  <a href="https://www.coramlifeeducation.org.uk/scarf/">https://www.coramlifeeducation.org.uk/scarf/</a></p>	<ul style="list-style-type: none"> <li>• All Classes need to have Jigsaw Puzzle soft toy displayed in classrooms.</li> <li>• Jigsaw Learning Charter should be created, discussed and displayed in all classrooms at the start of each new academic year.</li> <li>• Jigsaw Journals should be passed onto Year 6 at the end of the year.</li> </ul>
---	--	--

- Dangers of online grooming
- SMARRT internet safety rules

Changing Me (Summer 2)

- Self and body image
- Influence of online and media on body image
- Puberty for girls
- Puberty for boys
- Conception (Can withdraw pupils from this lesson)
- Growing responsibility
- Coping with change
- Preparing for transition

Other Y5 PSHE Skills

Bikability training

Money Management – Brian Sooter

Opportunity to perform in class assembly.

Skills relating to promoting any of:

School Values

Compassion

Honesty

Aspiration

Respect

Teamwork

Enthusiasm

Responsibility

Determination

AND

British Values

Democracy

The rule of law

Individual liberty

Mutual respect

Tolerance of those with different faiths  
and beliefs and for those without faith

Extension

Opportunity to represent school as a  
School Council Representative.

<p>Opportunity to play school sports and represent school (Inter-House and Inter-School).</p> <p>Personal achievements outside of school eg swimming certificates, sporting awards, dance recognition, fund raising.</p> <p>Personal circumstances eg children belong to or know of a same-sex family, children are young carers, children are in care or know of a child in care.</p> <p>Children who have experience or knowledge of outside agencies due to family circumstances eg The Wish Centre.</p>		
---	--	--