



## Key Stage 2 PSHE Curriculum Year 5 and 6

The Personal, Social, Health & Economic curriculum provides one of the mechanisms for promoting the Social, Moral, Spiritual, & Cultural development of the pupils. Lessons and activities promote the health and well-being of the children and enable the development of skills and understanding for living in the wider world.

PSHE should be delivered in the following order of core themes.

1. Health and well-being
2. Relationships
3. Living in the wider world

Without health and well-being one cannot develop healthy relationships and without healthy relationships one cannot live in the wider world effectively.

### Health and Well-being

- Healthy lifestyles physical well-being
- Mental health
- Ourselves growing and changing
- Keeping safe
- Drugs, alcohol and tobacco

### Relationships

- Families and close positive relationships
- Friendships
- Managing hurtful behaviour and bullying.
- Safe relationships
- Respecting self and others

### Living in the Wider World

- Shared responsibilities
- Communities
- Media Literacy and digital resilience
- Economic well-being, money
- Economic well-being, aspirations, work and career.

## Cycle A

### Term 1

Health and Well-being – It's My Body

Health and Well-being – Safety First

UKS2

It's my body – How to look after our bodies, consent and autonomy, body image, stereotypes, substances which are harmful, importance of sleep, exercise and hygiene, where pressure comes from and how to resist it, consider healthy habits.

Safety First – Responsibility for their safety, including the decisions they make, how they can stand up to peer pressure, assess the risk associated with different situations, what to do if they feel in danger, identify an emergency, and how to get help when needed.  
Hazards, dangers and risks, both inside/outdoors, identify strategies for safe use of roads, railways, water and fireworks.

### Term 2

Relationships – Digital Well-being

Relationships – VIP

UKS2

Digital Well-being – How to use the Internet positively and how to look after your well-being while being online. Potential risks of being online, strategies to stay safe and to get help, online relationships, what a respectful and healthy online relationship looks like, inappropriate online relationship and ways to get help, benefits and risk of social media, to recognise what online bullying looks like and how to help make it stop, fake news.

VIP - Relationships. Children will identify who their VIP's are within their lives, kindness and respect within relationships, conflicts and resolutions in relationships, secrets and dares, healthy and unhealthy relationships.

### Term 3

Living in the Wider World – Aiming High

Living in the Wider World – Diverse Britain

UKS2

Aiming High – Achievements, aspirations, opportunities. achievements they have

accomplished, attitudes that help us succeed, personal preferred learning styles, challenges people face and barriers to success with strategies to overcome, opportunities that are available to them now and in the future. Stereotypes in the world of work, jobs they would like to do, skills needed for jobs. Personal goals and how to achieve these.

Diverse Britain - Britain represents a wide range of faiths and ethnicities, how they can make a positive contribution to the community, the law and the consequences of not respecting it, local and national government, charities and voluntary groups in British society.

Year 6 - My changing body. How we grow and change, both physically and emotionally, types of relationships, sexual relationships and sexually transmitted diseases.

## Cycle B

### Term 1

Health and Well-being - Think Positive

Health and Well-being - Growing Up

UKS2

Think Positive - understanding about negative and positive thoughts and emotions, links between our thoughts, feelings and emotions, making good choices, mindfulness, a growth mindset approach to life.

First Aid Training - First Aid Training for schools from St Johns Ambulance. Calling the emergency services, basic first aid, bites and stings, asthma, choking, basic life support.

### Term 2

Relationships - Be Yourself

Relationships - Very Important People

UKS2

Be Yourself - we are all individuals, it is important to 'be yourself', develop a positive view of yourself, being proud of individuality, recognising situations where you need to make positive choices in order to do the right thing, avoid being led into tricky situations, recognise and respond to peer pressure, be confident, manage uncomfortable feelings,

investigate how to make things right when they make a mistake.

Team - (Together Everyone Achieves More), positive qualities of a team, how to disagree respectfully and communicate effectively, skills needed for a team to be successful, collaborative learning, how to compromise to ensure a group task is completed

successfully, different types of unkind behaviour, creating team support networks, caring for team members and the shared responsibilities a team has.

Term 3

Living in the Wider World - Money Matters

Living in the Wider World - One World

UKS2

Money Matters - How money is used in the wider world. The consequences of taking financial risks, how to avoid these, influences advertisers use to encourage us to spend money, the real value of products by being critical consumers, ethical spending, identify the impact of our spending choices on the environment, budgeting, prioritising our spending, earning and spending can contribute to society through the payment of tax, making ethical choices.

One World - Responsibility as global citizens, responsibility to help the environment and all living things throughout the world, sustainability, the use of the earth's natural resources and the harmful effects of global warming. How we can reduce these harmful effects, biodiversity and what we would like to do to make the world a better place.

Year 6

Growing Up - How we grow and change, both physically and emotionally, types of relationships, sexual relationships and sexually transmitted diseases. They will also learn positive body images and stereotypes.