



Giles Junior Year 5 PSHE Annual Curriculum Overview

<i>Year 5 - Autumn 1 - Being Me in My World</i>			
<i>Session</i>	<i>Learning objective</i>	<i>Vocabulary</i>	<i>7 Habits Links</i>
1	To face new challenges positively and know how to set personal goals	education, hopes appreciation, challenge opportunities, goals, motivation, vision	Habit 1 – Be Proactive - Choose your Weather (page 16)
2	To understand my rights and responsibilities as a citizen of my country	rights, responsibilities, citizen, denied, empathise, refugee, persecution, conflict, asylum, migrant	
3	I understand my rights and responsibilities as a member of my school	rights, wealth, poverty, responsibilities, prejudice, citizen, privilege, deprive	Habit 1 – Be Proactive – Taking Initiative (page 20)
4	To make choices about my behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.	responsibilities, rewards, consequences, choices, learning charter	Habit 3 – Put First Things First – Roles and Goals (page 34)
5	I understand how an individuals behaviour can impact on a group	cooperation, collaboration	Habit 5 – Seek First to Understand then be Understood – Page 44
6	To understand how democracy and having a voice benefits the school community and know how to participate in this	participation, motivation, rights, responsibilities	
<i>Year 5 - Autumn 2 - Celebrating Difference</i>			
1	To understand that cultural differences sometimes cause conflict	culture, conflict difference, similarity, belong, culture wheel	Habit 5 – Seek First to Understand then be Understood – Listening Page 46
2	To understand what racism is	racism, colour, race, discrimination, culture, ribbon	Habit 4 – Think Win-Win – Courage and Consideration (page 40)
3	To understand how rumour-spreading and name-calling can be bullying behaviours	bullying, rumour, name-calling, racist homophobic, texting, cyber bullying, problem-solving	Habit 1 – Be Proactive – Stop and Think (page 18)
4	To explain the difference between direct and indirect types of bullying	direct and indirect bullying	Habit 4 – Think Win-Win – Loyal to the Absent (page 42)
5	To compare my life with people in the developing world	happiness, similarity, continuum, developing world, racism, discrimination	
6	To understand a different culture from my own	culture, celebration, artefacts	Habit 5 – Seek First to Understand then be Understood – Honesty (page 48)



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Year 5 – Spring 1 – Goals and Dreams			
Session	Learning objective	Vocabulary	7 Habits Links
1	To understand that I will need money to help me achieve some of my dreams	dream, hope, goal, feeling, achievement, money, grown up, adult, lifestyle	Habit 2 – Begin with the End in Mind – Set goals (page 26)
2	To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs	job, career, profession, salary, contribution, society	Habit 2 – Begin with the End in Mind – Make a Plan (page 28)
3	To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs	determination, perseverance, motivation	Put final piece in leadership folder (or copy to put in there)
4	To describe the dreams and goals of young people in a culture different to mine	aspiration, culture, country	
5	To understand that communicating with someone in a different culture means we can learn from each other and identify a range of ways that could support each other	sponsorship, communication	Habit 6 – Synergise – Celebrate differences - page 52
6	To understand a different culture from my own encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship	support, rallying, teamwork, cooperation, difference, motivation, aspiration	
Year 5 – Spring 2 – Healthy Me			
1	To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, media	Habit 7 – Sharpen the Saw – Sharpen the body (page 58)
2	To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	influence	
3	To know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	emergency, procedure, recovery position calm, levelheaded	
4	To understand how the media, social media and celebrity culture promotes certain body types	body image, social media, celebrity, altered, self-respect, comparison	
5	To describe the different roles food can play in peoples lives and can explain how people can develop eating problems (disorders) relating to body image pressures	body image, eating problem, eating disorder respect, pressure	
6	To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	debate, opinion, fact	



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Year 5 – Summer 1 – Relationships			
Session	Learning objective	Vocabulary	7 Habits Links
1	To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities	characteristics, personal qualities, attributes, self-esteem	Re-visit Personal Mission
2	To understand that belonging to an online community can have positive and negative consequences	responsibility/being responsible, age-limit	
3	To understand there are rights and responsibilities in an online community or social network	social network, risky community, online, off line, responsibility, rights	
4	To know there are rights and responsibilities when playing a game online	violence, appropriate, grooming, trotled, gambling/betting, trustworthy	
5	To can recognise when I am spending too much time using devices (screen time)	devices, screen time, social, off –line, mental health, physical health	Habit 3 – Put First Things First – Say no to more important things (page 32)
6	To can explain how to stay safe when using technology to communicate with my friends	personal information, safe, choices, risk, vulnerable, grooming	
Year 5 – Summer 2 – Changing Me			
1	To be aware of my own selfimage and how my body image fits into that	self, self-image, body image, self-esteem, perception, affirmation characteristics, aspects	
2	To explain how a girls body changes during puberty and understand the importance of looking after yourself physically and emotionally	puberty, menstruation , periods, sanitary towels/pads, tampons, ovary/ ovaries, vagina, vulva, oestrogen, womb/uterus	
3	To describe how boys' and girls' bodies change during puberty	puberty, sperm, semen , testicles/testes, erection , ejaculation, wet dream , larynx, facial hair, growth	
4	To understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby	relationships, conception, making love, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, umbilical cord, contraception fertility treatment (ivf)	
5	To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	teenager, milestone , perceptions , responsibilities	Habit 2 – Begin with the End in Mind – what matters most – page 24
6	To identify what I am looking forward to when I move to my next class.	change, hope, manage , cope, opportunities, emotions , fear, excitement, anxious	Habit 1- Be proactive – Circle of Control – page 22