



PSHE 3D Overview Per Half Term Year 5

Skills Progression		
Personal Wellbeing Skills	Health and Wellbeing Skills (covers all phases)	Citizenship Skills
<p>PW30 Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements</p> <p>PW35 Show awareness of changes that take place as they grow</p> <p>PW37 Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p> <p>PW41 Begin to make informed lifestyle choices</p> <p>PW43 Understand the nature and consequences of negative behaviours such as bullying, aggressiveness</p> <p>PW46 Identify the skills they need to develop to make their own contribution in the working world in the future</p> <p>PW47 Recognise how people manage money and learn about basic financial capability</p> <p>PW48 Make connections between their learning, the world of work and their future economic wellbeing</p> <p>PW49 Look after their money and realise that future wants, and needs may be met through saving</p> <p>PW50 Show initiative and take responsibility for activities that develop enterprise capability</p> <p>PW51 Recognise that people can feel alone and misunderstood and learn how to give appropriate support</p> <p>PW52 Talk, write and explain their views on issues that affect the wider environment</p> <p>PW53 Reflect on how to deal with feelings about themselves, their family and others in a positive way</p> <p>PW54 Begin to set personal goals</p> <p>PW55 Take action based on responsible choices</p> <p>PW56 Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</p> <p>PW57 Identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</p>	<p>HW2 Recognise right and wrong, what is fair and unfair and explain why</p> <p>HW4 Recognise and respect similarities and differences between people</p> <p>HW5 Recognise and respond to issues of safety relating to themselves and others and how to get help</p> <p>HW7 Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying</p> <p>HW8 Recognise stereotyping and discrimination</p> <p>HW9 Recognise their strengths and how they can contribute to different groups</p> <p>HW10 Recognise the factors influencing opinion and choice, including the media</p> <p>HW11 Recognise how their behaviour and that of others may influence people both positively and negatively</p> <p>HW13 Listen to and show consideration for other people's views</p> <p>HW14 Identify and talk about their own and others' strengths and weaknesses and how to improve</p> <p>HW15 Listen to, reflect on and respect other people's views and feelings</p> <p>HW16 Negotiate and present their own views</p> <p>HW17 Self-assess, understanding how this will help their future actions</p> <p>HW18 Work and play independently and in groups, showing sensitivity to others</p> <p>HW20 Work independently and in groups, taking on different roles and collaborating towards common goals</p> <p>HW22 Take the lead, prioritise actions and work independently and collaboratively towards goals</p> <p>HW23 Set goals, prioritise and manage time and resources, understanding how this will help their future actions</p> <p>HW26 Take responsibility for their own safety and the safety of others and be able to seek help in an emergency</p>	<p>Ci2 Recognise the difference between right and wrong and what is fair and unfair</p> <p>Ci10 Identify the difference between needs and wants</p> <p>Ci15 Work co-operatively, showing fairness and consideration to others</p> <p>Ci17 Recognise how rights need to be balanced against responsibilities in order to protect individuals and communities from injustice</p> <p>Ci18 Recognise that communities and the people within them are diverse, changing and interconnected</p> <p>Ci19 Recognise that people's basic needs are the same around the world, discussing why some societies are more able to meet these needs than others</p> <p>Ci20 Identify different forms of discrimination against people in societies</p> <p>Ci21 Discuss how people can live and work together to benefit their communities</p> <p>Ci23 Consider the main features of a democracy</p> <p>Ci24 Work collaboratively towards common goals</p> <p>Ci25 Reach agreements, make decisions and manage discussions to achieve positive results</p> <p>Ci26 Engage actively with democratic processes and address issues of concern to them through their actions and decision-making</p>

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<p>PW58 Recognise that when the body changes during puberty it can affect feelings and behaviour</p> <p>PW59 Recognise when physical contact is acceptable and unacceptable</p> <p>PW60 Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene</p> <p>PW61 Take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p> <p>PW62 Make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</p> <p>PW63 Recognise that positive friendships and relationships can promote health and wellbeing</p> <p>PW64 Identify how to find information and advice through help lines</p> <p>PW65 Recognise how new relationships may develop</p> <p>PW66 Reflect on the many different types of relationships that exist</p> <p>PW67 Judge what kind of physical contact is acceptable or unacceptable in relationships</p> <p>PW68 Manage changing emotions and recognise how they can impact on relationships</p> <p>PW69 Talk with a wide range of adults</p>	<p>HW28 Respond to challenges, including recognising, taking and managing risk</p>	
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Autumn 1

RULES AND RESPONSIBILITIES / HEALTH

Concepts

- Understand why structure is needed in different situations
- Understand the term 'anarchy' and understand the implications of living in an anarchic society
- Know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy
- Learn about organisations such as the United Nations
- Understand the importance and significance of equal rights
- Know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous

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- Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking

Autumn 2

EMOTIONS

Concepts

- Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- Know about and understand the cyclic nature of life and how death is an inevitable part of this cycle
- Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
- Understand the need for empathy when peers are experiencing conflict at home
- Understand the benefits of living in a diverse community and learn to celebrate diversity

Spring 1

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HEALTH / SAFETY

Concepts

- Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
 - Know the characteristics and mental and physical benefits of an active lifestyle
 - Understand the importance of making changes in adopting a more healthy lifestyle
- Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking

Spring 2

COMMUNICATION

Concepts

- Know that mental wellbeing is a normal part of daily life, in the same way as physical health
 - Know about the basic synergy between physical, emotional and mental health
 - Know the importance of permission-seeking and giving in relationships with friends, peers and adults
 - Recognise that there are many different ways to communicate
 - Understand the need for confidentiality in certain situations
 - Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed
 - Know and understand the importance of listening to others
 - Understand the role of the listener in any relationship
 - Recognise that there are many ways to communicate
- Understand the need to both listen and speak when communicating with others

Summer 1

NUTRITION AND FOOD / MENTAL WELLBEING

Concepts

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- Know what constitutes a healthy diet (including understanding calories and other nutritional content)
- Know about the different food groups and their related importance as part of a balanced diet
- Develop an awareness of their own dietary needs
- Know the principles of planning and preparing a range of healthy meals
- Know what constitutes a healthy diet (including understanding calories and other nutritional content)
- Know how to cook and apply the principles of nutrition and healthy eating
- Prepare and cook with a variety of ingredients, using a range of cooking techniques
- Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- Know about and understand the importance of touch in a range of contexts

Summer 2

COLLABORATION / FIRST AID

Concepts

- Understand that there are many situations in which collaboration is necessary
- Understand the need to develop teamwork skills
- Recognise that there are many roles within a community
- Understand the need to collaborate in a group situation

Know concepts of basic first-aid, for example dealing with common injuries, including head injuries

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