



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

HW28 Respond to challenges, including recognising, taking and managing risk

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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