

Eastbury Primary School: PSHE medium term plan Year 5

SUBJECT: PSHE						
Autumn		Spring			Summer	
<p>Topic Title: Healthy me</p> <p>Article 24</p> <p>Key knowledge: Understand the health risks of smoking. Understand the risk of misusing alcohol. Know some emergency procedures and know how to get help in an emergency. Understand how popular culture promotes a certain body type. Understand the different roles food can play in peoples lives and understand how eating problems develop. Understand a healthy lifestyle including eating.</p> <p>Key Skills: Responsibility. Good life style choices, critical, developing a positive attitude to self</p> <p>Key vocabulary:</p>	<p>PSHE Taught through Votes for schools once a week</p> <p>Article 19</p> <p>Topic Title: Anti-Bullying Week</p> <p>Objectives To identify signs of bullying and what we can do to stop it for ourselves and others</p> <p>Activities Depends on the theme for that year</p> <p>Topic Title: Black History Month</p> <p>Objectives To celebrate significant black figures and the diversity in our school.</p> <p>Activities:</p>	<p>PSHE Taught through Votes for schools once a week</p> <p>Article 19 Article 31</p> <p>Topic Title: Children's Mental Health Week</p> <p>Objectives To understand how our mental health is important and strategies to help our mental health</p> <p>Activities Depend on the theme for that year</p> <p>Topic Title: Safer internet week</p> <p>Objectives To understand how to be safe online and make</p>	<p>PSHE Taught through Votes for schools once a week</p> <p>Article 38 And all of them</p> <p>Topic Title: Peace Day</p> <p>Objectives To understand what peace is and issues that effect the world</p> <p>Activities Depend on the theme for that year</p>	<p>Topic Title: Relationships</p> <p>Article 15 Article 16 Article 21 Article 22 Article 25</p> <p>Key knowledge: Understand who I am as a person in terms of my characteristics and personal qualities. understand that belonging to an online community can have positive and negative consequences. Understand the rights and responsibilities in an online community. Understand the rights and responsibilities when playing a game online.</p> <p>Key Skills:</p>	<p>Topic Title: Changing me</p> <p>Article 19 Article 31</p> <p>Key knowledge: Understand the emotional and physical changes that occur during puberty. Know male and female changes in puberty in more detail. Understand the affect of the reproductive system. Understand puberties impact on physical hygiene.</p> <p>Key Skills: Self care, empathy towards the opposite gender.</p> <p>Key vocabulary: puberty, hair, voice breaking, breasts</p>	

<p>Smoking, cigarette, alcohol, lungs, liver, heart, anti-social behavior, drunk, wasted, popular culture, magazine, photo shop, air brushing, anorexia, bulimia</p>	<p>To research and create a written piece about a significant black figure</p>	<p>good choices about how to interact online</p> <p>Activities: Depend on the theme for that year</p>		<p>Develop self esteem, responsible online actions, recognise when too much time is being spent online, explain how to stay safe when communicating online.</p> <p>Key vocabulary:</p> <p>Self-esteem, online, internet, screen- time, gaming, facebook, Instagram, snapchat, twitter, fortnite</p>	<p>menstruation wet dreams, erection, semen, periods tampon, sanitary towels</p>
<p>Lesson 1:</p> <p>Objective: know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart</p> <p>Activity: Debate whether the media encourage children to smoke. Chn to complete research first</p>				<p>Lesson 1:</p> <p>Objective: have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>Activity: Ask the children to draw a stick figure that represents themselves in their Jigsaw Journal.</p>	<p>Lesson 1:</p> <p>Objective: To explore the emotional and physical changes occurring in puberty</p> <p>Activity: Ask chn what changes happen during puberty. Show internal and externa body parts and discuss the names. Chn name body parts</p>

					<p><i>Around the outside of the figure they need to write words that they consider to be their own positive personal qualities. This should be done independently with no discussion or consultation with others. Allow approximately 5 minutes for this task. Pair up the children with somebody who they get along with, and give each child a blank sheet of paper. Each child now writes on the paper what they regard as their partner's positive qualities, without reference to what has already been written. After a further 5 minutes they exchange papers. They then compare with what they wrote about themselves in their Jigsaw Journals to what their partner thought. Can they see</i></p>	
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					how their self-perception matches or is different from someone else's perception of them?	
<p>Lesson 2</p> <p>Objective: Know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>Activity: Read Gregg and Lottie's story. Identifying anti- social behaviour. Think of an alternative ending to the story where better choices are made.</p>					<p>Lesson 2</p> <p>Objective: understand that belonging to an online community can have positive and negative consequences</p> <p>Activity: complete quiz about age limits. Using questions from jigsaw to support chn to see there are some responsibilities for gaming</p>	<p>Lesson 2</p> <p>Objective: To understand male and female puberty changes in more detail</p> <p>Activity: Go through changes for females- menstrual cycle and changes for males- sperm production and wet dreams etc. Play puberty card game. Chn to decide if statement is true or false.</p>
<p>Lesson 3</p> <p>Objective: know and put into practice basic emergency aid procedures (including recovery position)</p>					<p>Lesson 3</p> <p>Objective: understand there are rights and responsibilities in an</p>	<p>Lesson 3</p> <p>Objective: To explore the impact of puberty on the body and the importance of physical</p>

<p>and to know how to get help in emergency situations</p> <p>Activity: Children in groups are given an emergency scenario. Write or draw a series of events to help the situation.</p>				<p>online community or social network</p> <p>Activity: Show chn picture of social media platform. Discuss risks of joining a group like this.</p>	<p>hygiene To explore ways to get support during puberty</p> <p>Activity: play kim's game related to puberty. Deodorant, sanitary towels etc. discuss why items are important in puberty. Look at puberty problem page. Discuss advice to give to chn going through problems.</p>
<p>Lesson 4</p> <p>Objective understand how the media, social media and celebrity culture promotes certain body types</p> <p>Activity: Put people into groups. Give out text message cards. They turn over and think of a nice reply to help self esteem.</p>				<p>Lesson 4</p> <p>Objective: know there are rights and responsibilities when playing a game online</p> <p>Activity: Chn to imagine they are creators of a game. What advice card can they create to make sure the game is safe.</p>	<p>Lesson 4</p> <p>Objective: identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p>Activity: Chn to create birthday card for someone age 13, 14, 15</p>

						or 16. What advice would you write inside.
<p>Lesson 5</p> <p>Objectives describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>Activity: In groups of 3 or 4, ask children to write a recipe for a Healthy Body Image.</p>				<p>Lesson 5</p> <p>Objectives recognise when I am spending too much time using devices (screen time)</p> <p>Activity: Divide the children into small groups and hand out the 'Screen time solutions' resource, one per group. Challenge the children to suggest solutions for each of the warning signs in the left-hand column.</p>	<p>Lesson 5</p> <p>Objectives identify what I am looking forward to when I move to my next class</p> <p>Activity: Assessment opportunity</p>	
<p>Lesson 6</p> <p>Objective know what makes a healthy lifestyle including healthy eating and the</p>				<p>Lesson 6</p> <p>Objective: explain how to stay safe when using</p>		

<i>choices I need to make to be healthy and happy</i>					<i>technology to communicate with my friends</i>		
Activity: Complete assessment activity					Activity: Complete assessment activity		