



PSHE: Coverage & Progression
Year 5



Aim	<p>The PSHE curriculum is built to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life. Together with a focus on 'Modern Britain', which helps pupils 'develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain'</p> <p>Pupils will also be taught through three underlying core themes, within which there will be broad overlap and flexibility: 1. Health and Wellbeing, 2. Relationships 3. Living in the Wider World</p> <p>Healthy Lifestyles • Hygiene • Changing and Growing • Emotions • Keeping Safe • Communication • Bullying • Fairness • Family and Friends • Rules and Responsibilities • Communities • Money and Finance</p>	
	First Half Term	Second Half Term
Advent	<p>Core Theme 3 Unit 1 LESSON 1: Structure – Just Imagine Core Theme 3 Unit 1 LESSON 2: Law & Order – In Charge Core Theme 3 Unit 1 LESSON 3: U.N. Rights – Our Rights!</p>	<p>Core Theme 1 Unit 4 LESSON 1: Death & Grief – Its Natural Core Theme 1 Unit 4 LESSON 2: Death & Grief – Poppies Core Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at War Core Theme 3 Unit 2 LESSON 1: Community Event – We're Cultured!</p>
Lent	<p>Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No! Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware Core Theme 1 Unit 5 LESSON 3: Tobacco – Up In Smoke Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Lets Be Frank</p>	<p>Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3 Dimensional Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info Core Theme 2 Unit 1 LESSON 2: Listening – I'm All Ears! Core Theme 2 Unit 1 LESSON 3: Responding - Scenarios</p>
Pentecost	<p>RSE - Lesson 1 Talking About Puberty RSE - Lesson 2 Male and Female changes RSE - Lesson 3 Puberty and Hygiene Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars</p>	<p>Core Theme 2 Unit 2 LESSON 1: Responding – Scrabble Core Theme 2 Unit 2 LESSON 2: Shared Goals – It's All Go! Core Theme 2 Unit 2 LESSON 3: Community Spirit – All Join In Core Theme 2 Unit 2 LESSON 1-5: Extremism & Radicalisation</p>