

Whitley Abbey Primary School

Year 5 PSHE Curriculum

<u>Whitley Abbey Primary School</u>								
<u>Year 5 PSHE Curriculum</u>								
<u>Autumn</u>			<u>Spring</u>			<u>Summer</u>		
PSHE-	Character Education-	Growth Mindset	PSHE-	Character Education-	Growth Mindset	PSHE-	Character Education-	Growth Mindset
Relationships	Caring Helpfulness Cooperation Courage kindness	What is a growth mindset? Resilience	Living in the wider world	Cleanliness, fairness, friendliness, patience, respect	Reciprocity Resourcefulness	Health and Well being	Courtesy, forgiveness, determination, self-discipline, gratitude, honesty.	Reflection What kind of superhero am I?
Focus			Key knowledge		Core Vocabulary	POP tasks	Links to Curriculum Drivers	Resources/ planning
<p><u>Throughout the year - Mental Health and Wellbeing.</u> Mental Health and Keeping Well Managing Challenges and Change Feelings and common anxieties when transitioning to secondary school (Year 6 only)</p> <p>Use of Public Health England materials as needed. https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview</p> <p>Thrive materials and action planning used throughout the year. Individual and class action plans created.</p>			<ul style="list-style-type: none"> • explain what is meant by the term 'mental health' • identify everyday behaviours that can help to support mental (and physical) health • recognise that we can take care of our mental health (as well as our physical health) <p>describe what can impact on mental health (life events and circumstances) and how mental wellbeing can be affected.</p> <ul style="list-style-type: none"> • recognise conflicting emotions and when these might be experienced. • explain how feelings and emotions change over time • identify positive actions to support mental wellbeing during difficult times, including identifying their personal support network. 		Feeling, emotion, moods, thoughts, body, mind, mental, physical, health, wellbeing, balanced lifestyle events, change, challenge, advice, support, personal network, affirmation		Well being	PSHE Association – Mental Health and wellbeing lessons (KS1) – see link below
<u>Autumn</u>								
<p><u>PSHE/RSE: Relationships</u> Families and Friendships Safe relationships – Respecting ourselves and others –</p>			<p>Families and Friendships – Managing friendships and peer influence. Safe relationships – Physical contact and feeling safe. Respecting ourselves and others – Responding respectfully to a wide range of people; recognising prejudice and discrimination.</p>				Well being Community	PSHE Association Thematic Model – see link below.

<p><u>Character Education</u> An introduction to our Whitley Core Values and their characters – kindness, friendship, courage, honesty, gratitude and resilience. Caring – Helpfulness – Cooperation – Courage – National Kindness Week –</p>	<p>An introduction to our Whitley Core Values and their characters – kindness, friendship, courage, honesty, gratitude and resilience. Caring – Caring for our community, understanding dementia. Helpfulness – Helpfulness in your family. Cooperation – Understanding Aesop’s tale: the bundle of sticks Courage – Facing our fears National Kindness Week – Cruel to be kind.</p>		Aristotle’s Bottles.	Community Well being	Jubilee Centre for Character Education – see link below.
<p><u>Growth Mindset</u> <u>Autumn 1</u> What is growth mindset? Year group focus lessons: <u>Autumn 2</u> Professor Resilience Managing distractions; recognising and reducing interruptions Perseverance; stickability</p>	<p>Autumn 1 Year group focus: Passport to learning Too old to... What makes a great teacher? Brain power! Famous failures The iceberg illusion <u>Autumn 2</u> Whole school assembly and cross curricular focus: Resilience: Professor Resilience (Being ready, willing able to lock on to learning.) Upper KS2 focus: <i>(review previous skills) Managing distractions; recognising and reducing interruptions</i> <i>Perseverance; stickability</i> <i>Absorption; the pleasure of being rapt in learning.</i> Noticing; really sensing what’s out there.</p>			Love of learning Well being	
Spring					
<p><u>PSHE/RSE: Living in the Wider World</u> Belonging to a community – Media literacy and digital resilience – NSPCC Share Aware – Online Safety Money and Work –</p>	<p>Living in the Wider World Belonging to a community – Protecting the environment; compassion towards others. Media literacy and digital resilience – How information online is targeted; different media types; their roles and impact. Money and Work – Identifying job interests and aspirations; what influences career choices; workplace stereotypes.</p>			Community Well being Possibilities	PSHE Association Thematic Model – see link below. NSPCC Share Aware – see link below.

<p><u>Character Education</u> Cleanliness Fairness Friendliness Service Project Patience Respect</p>	<p>Cleanliness – No smoking Fairness – Seeing another point of view Friendliness – What are my friends interested in? Service Project – Keeping company in the community. Patience – Patient snowflakes Respect – Tricky discussion questions/Similarities and differences.</p>		Reflection Writing	Well being Community	Jubilee Centre for Character Education – see link below.
<p><u>Growth Mindset</u> Spring 1 Whole school assembly and cross curricular focus: Resourcefulness: Doctor Resourceful (being ready, willing and able to learn in different ways.) Spring 2 Whole school assembly and cross curricular focus: Reciprocity: Reciprocity Ranger (being ready, willing and able to learn alone and with others)</p>	<p><u>Spring 1</u> Upper KS2 focus: <i>(review previous skills) Questioning; getting below the surface</i> <i>Imagining; using your mind’s eye</i> <i>Reasoning; thinking rigorously and methodically.</i> Making links; seeking coherence, relevance and meaning. Capitalising; making good use of resources. Upper KS2 focus: <u>Spring 2</u> <i>(review previous skills) Collaboration; the skill of learning with others</i> <i>Interdependence; balancing self-reliance and sociability.</i> <i>Imitation; picking up others’ habits and values.</i> Empathy and listening; getting inside others’ minds</p>			Love of learning. Community	
Summer					
<p><u>PSHE/RSE: Health and Wellbeing</u> Physical health and Mental Wellbeing – Growth and changing – Keeping Safe –</p>	<p>Health and Wellbeing Physical health and Mental Wellbeing – Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies. Growth and changing – Personal identity; recognising individuality and different qualities; mental wellbeing. Keeping Safe – Keeping safe in different situations, including responding to emergencies and first aid.</p>			Wellbeing	
<p><u>Character Education</u> Courtesy – Forgiveness –</p>	<p>Courtesy – A courteous debate. Forgiveness – Positive role models Determination – People who inspire us.</p>		Aristotle’s Bottles or Reflection writing	Love of learning Community	Jubilee Centre for Character

<p>Determination</p> <p>Self-discipline –</p> <p>Gratitude –</p> <p>Honesty –</p>	<p>Self-discipline – Knowing the limits.</p> <p>Gratitude – Where did that come from?</p> <p>Honesty – Being tactful</p>				<p>Education – see link below.</p>
<p>Summer 1 Growth Mindset Whole school assembly and cross curricular focus: Reflectiveness: Captain Reflective Summer 2</p> <p>What kind of a super-hero am I?</p>	<p>Summer 1 Upper KS2 focus: <i>(review previous skills) Planning; working learning out in advance</i> <i>Revising; monitoring and adapting along the way.</i> Distilling; drawing out the lessons from experience Meta-learning; understanding learning and yourself as a learner.</p> <p>Summer 2 What kind of a super-hero am I?</p>		<p>What Kind of Super-hero am I?</p>	<p>Love of learning</p>	

PSHE Association Thematic Model

https://www.pshe-association.org.uk/system/files/2.%20Primary%20Programme%20Builder%20-%20Thematic%20model_1.pdf

PSHE Association Mental Health and Wellbeing

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

Jubilee Centre for Character Education

<https://www.jubileecentre.ac.uk/1635/character-education>

NSPCC Share Aware

<https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching>

Public Health England Rise Above Website.

<https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>