

YEAR 5 PSHE OVERVIEW

<u>Autumn 1</u> Me and My Relationships	<u>Autumn 2</u> Keeping Myself Safe	<u>Spring 1</u> Valuing Difference	<u>Spring 2</u> Growing and Changing SRE	<u>Summer 1</u> Rights and Respect	<u>Summer 2</u> Being my best
Collaboration challenge	Spot bullying	Qualities of friendship	How are they feeling?	What's the story?	It all adds up!
Give and take	Play, like, share LINK ICT	Kind conversations	Taking notice of our feelings	Fact or opinion?	Different skills
Communication (optional)	Decision dilemma	Happy being me	Dear Ash	Mo makes a difference *Sustainability	My school community (2)
How good a friend are you?	Ella's diary dilemma	The land of the red people	Growing up and changing bodies	Rights, respect and duties	Independence and responsibility
Relationship cake	Vaping :healthy or unhealthy?	Is it true?	Changing bodies and feelings	Spending wisely	Star qualities?
Our emotional needs	Would you risk it?	Stop, start, stereotypes	Help I'm a teenager- get me out of here!	Lend us a fiver!	Basic first aid including sepsis awareness
Being assertive	Thinking about habits (optional)	It could happen to anyone? (optional)	Dear Hetty (optional)	Local councils (optional)	
	Drugs: True or false (optional)				
	Smoking : what is normal? (optional)				