Year 5 PSHE & RHE Overview

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|  | Learning Intentions |
|  | Safeguarding Audit  |
| **Module 1: Unit 1** **Religious Understanding**Story Sessions: Calming the Storm | Children will learn that:* We were created individually by God who cares for us and wants us to put our faith in Him.
* Physically becoming an adult is a natural phase of life.
* Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God’s great plan – and the results will be worth it!
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| Session 2: Is God Calling You? | Pupils will learn:* That God calls us to love others
* About ways in which we can participate in God’s call for us to love others
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| **Module 2: Unit 2** **Personal Relationships**Session 1: Under Pressure | Pupils will learn that:* Pressure comes in different forms, and what some of those different forms are
* There are strategies that they can adopt to resist pressure
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| Session 2: Do You Want a Piece of Cake? | Pupils will:* Understand what consent and bodily autonomy means
* Discuss and reflect on different scenarios where it is right to say ‘no’
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| Session 3: Self-Talk | Pupils will:* Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions
* Apply this approach to personal friendships and relationships
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| **Module 2: Unit 3** **Life Online**Session 1: Sharing Isn’t Always Caring | Children will learn:* To recognise that their increasing independence brings increased responsibility to keep themselves and others safe
* How to use technology safely
* That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others
* How to report and get help if they encounter inappropriate materials or messages
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| Session 2: Cyber-Bullying + Classroom Shorts | Children will learn:* What the term cyberbullying means and examples of it
* What cyberbullying feels like for the victim
* How to get help if they experience cyberbullying
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| **Module 2: Unit 4****Keeping Safe**Session 1: Types of Abuse + Classroom Shorts | Children will learn:* To judge well what kind of physical contact is acceptable or unacceptable and how to respond
* That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests
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| Session 2: Impacted Lifestyles + Classroom Shorts | Pupils will learn:* About the effect that a range of substances including drugs, tobacco and alcohol can have on the body.
* How to make good choices about substances that would have an impact on their health.
* That our bodies are created by God, so we should take care of them and be careful about what we consume
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| Session 3: Making Good Choices | Pupils will:* Consider how, as they get older, they may come under pressure when it comes to drugs, alcohol and tobacco
* Learn that they are entitled to say “no” for all sorts of reasons, but not least in order to protect their God-given bodies
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| Session 4: Giving Assistance  | Pupils will learn that:* The recovery position can be used when a person is unconscious but breathing
* DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance
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| **Module 3: Unit 1****Religious Understanding**Session 1: The Holy Trinity | Children will learn that:* God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity.
* The Holy Spirit works through us to share God’s love and goodness with others.
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| Session 2: Catholic Social Teaching | Children will learn:* The principles of Catholic Social Teaching
* That God formed them out of love, to know and share His love with others
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| **Module 3: Unit 2****Living in the Wider World**Session 1: Reaching Out  | Pupils will:* Apply the principles of Catholic Social Teaching to current issues.
* Find ways in which they can spread God’s love in their community.
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| Session 2: The World of Work + Classroom Shorts | Pupils will:* Learn about the process of getting a job and consider factors that influence job choices.
* Understand how stereotyping can affect work aspirations and learn to challenge such attitudes.
* Consider jobs in different sectors, learning pathways to work and their own job aspirations.
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| The aspects of non-statutory PSHE which are not wholly covered by ‘Life to the Full Plus’ are listed below. These will be taught using resources and lesson plans from the PSHE Association Website. |
| **Citizenship:**Responsibility | L.3. about the relationship between rights and responsibilitiesL.5. ways of carrying out shared responsibilities for protecting the planet |