



PSHE in Year 5 & 6 at Bridgelea Primary School

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to information about themselves and the world around them, and encourages them to explore big ideas and conversations. At the heart of this, we encourage respect and understanding of the universal rights of the child, as set out in the UNCRC. We teach PSHE weekly, following the National Curriculum, and it is led by our class teachers. Our curriculum is split into key themes of Health and Wellbeing, Relationships and Living in the Wider World. Every lesson, we will explore a question together - below, you can see an overview of what your child will be studying this year.

Living in the Wider World	Relationships & RSE	Keeping Safe	Mental & Emotional Health	Healthy Lifestyles	Transitions
<p><u>Year 5 objectives</u></p> <p>Rules and laws. How are rules and law made and changed?</p> <p>Fair trade. What is Fair Trade?</p> <p>Enterprise. How can I combine sustainability with fair trade using my enterprise skills?</p> <p><u>Year 6 objectives</u></p> <p>Media. Why is it important to be critical of the media online and offline?</p> <p>Managing money. How do people manage money?</p> <p>Aspirations – What do I want to be?</p>	<p><u>Year 5 objectives</u></p> <p>Puberty. What is puberty?</p> <p>Different relationships. What are the different relationships in my life?</p> <p>Unwanted touch. What is unwanted touch?</p> <p><u>Year 6 objectives</u></p> <p>Changes in life. What changes happen in my life?</p> <p>Loving relationships. What happens in a loving relationship (incl. marriage) and what is forced marriage?</p> <p>How babies are made – How is a baby made?</p> <p>Additional lesson – FGM</p>	<p><u>Year 5 objectives</u></p> <p>Dealing with dares. How do I respond dares?</p> <p>Habits. What are 'Habits'?</p> <p>Influences. Who or what influences me?</p> <p><u>Year 6 objectives</u></p> <p>Different drugs. How do drugs affect the mind and body?</p> <p>Peer pressure. How do I manage peer pressure?</p> <p>First aid. What are basic emergency first aid skills?</p>	<p><u>Year 5 objectives</u></p> <p>Mental Health. What is mental health?</p> <p>Negotiation. How do I negotiate and compromise?</p> <p>Online Safety. How do I stay safe on a mobile or tablet?</p> <p>Personal qualities. How can I be happy being me?</p> <p><u>Year 6 objectives</u></p> <p>Challenging negative feelings. How can I challenge negative thoughts and feelings?</p> <p>Challenging stereotypes. What are stereotypes?</p> <p>Online safety. How can the internet positively</p>	<p><u>Year 5 objectives</u></p> <p>Vaccines. How can we stop the spread of infection?</p> <p>Balanced diet. Why is it important to know about nutritional content of food?</p> <p><u>Year 6 objectives</u></p> <p>Mental and physical wellbeing. How is my mental and physical wellbeing connected?</p> <p>Keeping physically healthy. How do I keep physically healthy?</p> <p>Healthy meals. Can I plan and prepare a healthy meal?</p>	<p>Nurture Principle</p> <p>Transitions are important in the lives of children. Children will access learning and activities around transitions.</p>

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