



St Anthony of Padua Catholic Primary School Long Term Plan
PSHE/RSHE Medium Term Plan – Year 5

Term	Topic	Lessons	Resources
Autumn Term Relationships	Family and Friendships Managing friendships and peer influence	Lesson 1 - To learn about the benefits and importance of including others.	PSHE Association Resource
		Lesson 2 - To learn about positive friendships and communicating respectfully.	
		Lesson 3 - To learn about the impact of bullying and how to seek support.	
		Lesson 4 - I understand what being exploited means. I can appreciate how someone might feel if they are being exploited.	
	Safe Relationships Physical contact and feeling safe	Lesson 1 - To learn about giving and asking for permission (consent).	PSHE Association Resource
		Lesson 2 - To learn about personal boundaries.	
		Lesson 3 - To learn about appropriate and inappropriate touch.	
		Lesson 4 – To learn about the importance of treating others respectfully, and how the PANTS rule can help.	
	Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination	Lesson 1 - To learn about the benefits and importance of including others.	PSHE Association Resource
		Lesson 2 - To learn about positive friendships and communicating respectfully.	
Lesson 3 - To learn about the impact of bullying and how to seek support.			
Spring Term Living in the wider world	Belonging to a community Protecting the environment; compassion towards others	Lesson 1 – <ul style="list-style-type: none"> the responsibility of humans to protect the global environment the simple everyday changes everybody can take to help reduce ocean plastic pollution how football clubs are tackling the issue of single-use plastics ending up in our oceans 	Premier League Resource
	Media Literacy and Digital Resilience	Lesson 1 - What does your online life say about you?	Knowsley CLC Computing Planning



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	<p>Taught during computing lessons using the Knowsley CLC scheme of work</p>	Lesson 2 - What's an online community?	
		Lesson 3 - What judgements do you make about other peoples online life?	
		Lesson 4 - How can you protect yourself from online bullies?	
		Lesson 5 - 5 How do you interpret online information? How reliable is the information you read online?	
		Lesson 6 - Can technology impact on your sleep?	
		Lesson 7 - How secure are you with your online information and accounts?	
		Lesson 8 - Can you copy anything you find on the internet?	
	<p>Money and work Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	Lesson 1 – To learn about what influences future goals.	LOUD Resource
<p>Summer Term Health and Wellbeing</p>	<p>Physical health and Mental wellbeing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p>	Lesson1 – To learn about mental health; what it means and how we can take care of it.	PSHE Association Resource
		Lesson 2 – To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times.	
		Lesson 3 – To learn about the impact of loss and bereavement and strategies for dealing with grief.	
		Lesson 4 – To learn about the feelings and common anxieties pupils face when starting Key Stage 3/ moving to secondary school -To learn ways of managing feelings	
	<p>Growing and changing Taught throughout the year – Journey in Love</p>	Whole Unit - Children know and become aware of the physical and emotional changes that accompany puberty, sensitivity, mood, swings, anger and boredom.	Journey in Love Resource – Taught throughout the year



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	One lesson will be taught each term		
	Keeping safe Keeping safe in different situations, including responding in emergencies, first aid	Lesson 1 – To learn about basic life support for first aid. Lesson 2 – To learn how to call for help in an emergency Lesson 3 – To learn how to look after and deal with head injuries.	St John's Ambulance