



# St Anthony of Padua Catholic Primary School Long Term Plan

## PSHE/RSHE Medium Term Plan – Year 5



Term	Topic	Lessons	Resources
Autumn Term Relationships	<b>Family and Friendships</b>  Managing friendships and peer influence	Lesson 1 - To learn about the benefits and importance of including others.	<a href="https://pshe-association.org.uk/resource/friendship-and-bullying?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=friendship-and-bullying">https://pshe-association.org.uk/resource/friendship-and-bullying?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=friendship-and-bullying</a>  SIL – PSHE Association
		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.	
	<b>Safe Relationships</b> Physical contact and feeling safe	Lesson 1 - To learn about giving and asking for permission (consent).	<a href="https://pshe-association.org.uk/resource/consent-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=consent-ks1-2">https://pshe-association.org.uk/resource/consent-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=consent-ks1-2</a>  NSPCC PANTS
		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.	
	<b>Respecting ourselves and others – British Vales – Mutual Respect and Tolerance of Other Faiths</b> Responding respectfully to a wide range of people; recognising prejudice and discrimination	Lesson 1 – To learn about respecting the differences and similarities between people and recognising what they have in common with others	Twinkl Resources
		Lesson 2 - To learn about prejudice; how to recognise behaviours/ actions which discriminate against others; ways of responding to it if witnessed or experienced	
Spring Term Living in the wider world	<b>Belonging to a community</b>  Protecting the environment; compassion towards others	Lesson 1 – -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	<a href="https://pshe-association.org.uk/resource/premier-league-primary-stars-sky-ocean-rescue?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=premier-league-primary-stars-sky-ocean-rescue">https://pshe-association.org.uk/resource/premier-league-primary-stars-sky-ocean-rescue?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=premier-league-primary-stars-sky-ocean-rescue</a>
	<b>Media Literacy and Digital Resilience</b>  Taught during computing lessons using the Knowsley CLC scheme of work	Lesson 1 - What does your online life say about you?	Knowsley CLC Computing Planning
		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?	



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		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?	
	<b>Money and work</b> Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Lesson 1 – To learn about what influences future goals.	<a href="https://pshe-association.org.uk/resource/job-skills-influences-and-goals?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=job-skills-influences-and-goals">https://pshe-association.org.uk/resource/job-skills-influences-and-goals?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=job-skills-influences-and-goals</a> Ethical spending fair trade shopping sense. (under teacher's resource on website). Gift or thrift (story book)
Summer Term Health and Wellbeing	<b>Physical health and Mental wellbeing</b> Healthy sleep habits; sun safety; medicines and vaccinations.	Lesson 1 – To learn about the importance of sleep and routines that support good quality sleep.	<a href="https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=sleep-factor-ks1-2">https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=sleep-factor-ks1-2</a>
		Lesson 2 - To learn how to manage risk in relation to sun exposure, including skin damage and heat stroke.	<a href="https://pshe-association.org.uk/resource/sun-safety-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=sun-safety-packs">https://pshe-association.org.uk/resource/sun-safety-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=sun-safety-packs</a>
		Lesson 3 - To learn how the correct use of medicines, and vaccinations, can help to maintain health and wellbeing.	<a href="https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=drugs-alcohol-ks1-4">https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=drugs-alcohol-ks1-4</a>
	<b>Growing and changing</b> <b>Taught throughout the year – Journey in Love</b> One lesson will be taught each term	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
	<b>Keeping safe</b> Keeping safe in different situations, including responding in emergencies, first aid	Lesson 1 – To learn about basic life support for first aid.	<a href="https://pshe-association.org.uk/resource/st-john-ambulance-first-aid?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=st-john-ambulance-first-aid">https://pshe-association.org.uk/resource/st-john-ambulance-first-aid?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=st-john-ambulance-first-aid</a>
		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.	