



PSHE/RSHE Lesson Coverage: Year 5



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p><u>Lesson 1</u> – LO: To face new challenge positively and know how to set personal goals.</p> <p><u>Lesson 2</u> – LO: To understand my rights and responsibilities as a citizen of my country.</p> <p><u>Lesson 3</u> – LO: To understand my rights and responsibilities as a member of my school.</p> <p><u>Lesson 4</u> – LO: To understand how having a voice benefits the school community and know how to participate in this.</p>	<p><u>Lesson 1</u> – LO: To understand that cultural difference sometimes cause conflict.</p> <p><u>Lesson 2</u> – LO: To understand what racism is.</p> <p><u>Lesson 3</u> – LO: To understand different types of bullying.</p> <p><u>Lesson 4</u> – LO: To understand a different culture from my own and appreciate the value of happiness.</p>	<p><u>Lesson 1</u> – LO: To understand that I will need money to achieve some of my dreams.</p> <p><u>Lesson 2</u> – LO: To know about a range of jobs and identify a job I would like to do when I grow up.</p> <p><u>Lesson 3</u> – LO: To describe the dreams and goals of young people in a culture different to mine.</p> <p><u>Lesson 4</u> – LO: To encourage my peers to support young people in the UK and abroad to meet their aspirations, and suggest ways we might do this.</p>	<p><u>Lesson 1</u> – LO: To know the health risks of smoking and some of the risks with misusing alcohol.</p> <p><u>Lesson 2</u> – LO: To know and practice basic emergency aid procedures.</p> <p><u>Lesson 3</u> – LO: To understand how the media, social media and celebrity culture promotes certain body types.</p> <p><u>Lesson 4</u> – LO: To describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.</p>	<p><u>Lesson 1</u> – LO: To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p><u>Lesson 2</u> – LO: To understand that belonging to an online community can have positive and negative consequences.</p> <p><u>Lesson 3</u> – LO: To know that there are rights and responsibilities when playing a game online.</p> <p><u>Lesson 4</u> – LO: To recognise when I am spending too much time using devices.</p>	<p><u>Lesson 1</u> – LO: To be aware of my own self-image and how my body image fits into that.</p> <p><u>Lesson 2</u> – LO: To understand the impact that change can have.</p> <p><u>Lesson 3</u> – LO: To learn key facts about puberty and the changing adolescent body.</p> <p><u>Lesson 4</u> – LO: To identify what I am looking forward to about becoming a teenager.</p> <p><u>Lesson 5</u> – LO: To identify what I am looking forward to when I move to my next class.</p>