

Our KS2 PSHE curriculum follows a programme created by 'Jigsaw' – a PSHE Association Quality Assured Resource. This curriculum brings together PSHE education, emotional literacy, mindfulness, social skills and spiritual development in a comprehensive scheme of learning.

Year 5

	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
	<p><i>Pupils will have the opportunity to learn about:</i></p> <ul style="list-style-type: none"> the new year ahead and facing new challenges positively being Me in Britain and understanding rights and responsibilities as a British Citizen understanding rights and responsibilities as a member of my school rewards and consequences and making choices about behaviour how an individual's behaviour can impact on a group understanding how democracy and having a voice benefits the school community and know how to participate in this 	<p><i>Pupils will have the opportunity to learn about:</i></p> <ul style="list-style-type: none"> different cultures and understand that cultural differences sometimes cause conflict what racism is how rumour-spreading and name-calling can be bullying behaviours the difference between direct and indirect types of bullying money and will compare their life with people in the developing world celebrating difference across the world and enjoying the experience of a culture other than their own 	<p><i>Pupils will have the opportunity to learn about:</i></p> <ul style="list-style-type: none"> how they will need money to help them achieve some of their dreams a range of jobs carried out by people they know and will have explored how much people earn in different jobs jobs they would like to do when they are older and understand what motivates them and what they need to do to achieve it the dreams and goals of young people in a culture different to theirs a range of ways in which young people can support each other both here and abroad 	<p><i>Pupils will have the opportunity to learn about:</i></p> <ul style="list-style-type: none"> the risks of smoking and how tobacco affects the lungs, liver and heart some of the risks with misusing alcohol putting into practice basic emergency aid procedures how the media and celebrity culture promotes certain body types the different roles food can play in people's lives what makes a healthy lifestyle 	<p><i>Pupils will have the opportunity to learn about:</i></p> <ul style="list-style-type: none"> who they are as a person in terms of characteristics and personal qualities how friendships change making new friends and how to manage a fall out with friends how it feels to be attracted to someone and what having a boyfriend or girlfriend might mean how to stay safe when using technology to communicate with my friends 	<p><i>Pupils will have the opportunity to learn about:</i></p> <ul style="list-style-type: none"> being aware of their own self-image and how their body image fits into that the importance of looking after yourself both physically and emotionally how boys' and girls' bodies change during puberty <i>(delivered by visiting school health team)</i> what they are looking forward to and growing responsibilities what they are looking forward to in Y6