

# PSHE Learning Sequence Document – Year 5/6 – 2023/2024



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
Learning outcomes:	Children will learn different skills to help them build and maintain friendships.	Children will look at ways to maintain their mental wellbeing.	Children will look at ways of making the correct choices even when pressured by their friends to do otherwise.	Children will understand more of the rights and responsibilities that they have by being citizens of the UK.	Children will look further at risks and will understand how these can affect their wellbeing.	Children will focus on changes that their bodies are going through or will be going through and will recognise that these may cause their emotions to alter at times.
PSHE NC Focus:	Within this topic we will focus on our feelings and mental wellbeing.	Within this topic we will focus on our feelings and mental wellbeing, families and people who care for me and caring friendships.	Within this topic we will focus on physical health and fitness and online relationships.	Within this topic we will focus on our rights and responsibilities looking at British Values.	Within this topic we will focus on mental wellbeing, physical health and fitness and healthy eating.	Within this topic we will focus on families and people who care for me, caring friendships and respectful relationships
Prior learning:	At Blackwater we use the coram Life Education SCARF program. This is a spiral program. SCARF lessons form a spiral curriculum through the primary years, the suggested half-termly unit themes are the same for each year group and lesson plans are sequenced in a similar way for each year group, with similar themes and age-appropriate learning opportunities across each year group.					
Sequence of learning:	<a href="#">Working together</a>	<a href="#">Qualities of friendship</a>	<a href="#">Think before you click!</a>	<a href="#">What's the story?</a>	<a href="#">This will be your life!</a>	<a href="#">How are they feeling?</a>
	<a href="#">Solve the friendship problem</a>	<a href="#">Kind conversations</a>	<a href="#">To share or not to share?</a>	<a href="#">Fact or opinion?</a>	<a href="#">Our recommendations</a>	<a href="#">Taking notice of our feelings</a>
	<a href="#">Behave yourself</a>	<a href="#">Happy being me</a>	<a href="#">Rat Park</a>	<a href="#">Mo makes a difference</a>	<a href="#">What's the risk? (1)</a>	<a href="#">Dear Ash</a>
	<a href="#">Assertiveness skills</a>	<a href="#">The land of the Red People</a>	<a href="#">What sort of drug is...?</a>	<a href="#">Rights, respect and duties</a>	<a href="#">What's the risk? (2)</a>	<a href="#">Growing up and changing bodies</a>
	<a href="#">Don't force me</a>	<a href="#">Is it true?</a>	<a href="#">Drugs: it's the law!</a>	<a href="#">Spending wisely</a>	<a href="#">Basic first aid, including Sepsis Awareness</a>	<a href="#">Changing bodies and feelings</a>
	<a href="#">Acting appropriately</a>	<a href="#">Stop, start, stereotypes</a>	<a href="#">Alcohol: what is normal?</a>	<a href="#">Lend us a fiver!</a>	<a href="#">Five Ways to Wellbeing project</a>	<a href="#">Help! I'm a teenager - get me out of here!</a>
End Point:	Children will develop the skillsets that they require to keep friendships strong.	Children will know how to challenge a story and decide on the truthfulness or otherwise of these.	Children will show an understanding of drugs and have an understanding of the legal status of these.	Children will understand some of the risks associated with lending and borrowing items, and their rights around this.	Children will understand ways to develop and protect their wellbeing.	Children will recognise ways in which their bodies are or maybe changing. Children will understand some of the feelings that may be associated with this.
Class Topic	The First World War – We will always remember the fallen.	The First World War – We will always remember the fallen.	Allotment	Allotment	Hola Mexico	Hola Mexico
Linking to class topic suggestion.						

Notes –



Internet safety is taught to all classes at the beginning of the autumn term every year as part of the computing program and then reinforced at intervals throughout the year.

It is now a statutory requirement for primary schools to deliver Relationships Education and the Department of Education (DfE) encourages schools to deliver Sex Education that ensures both boys and girls are prepared for the changes adolescence brings and – drawing on knowledge of the human life cycle set out in the National Curriculum for science – how a baby is conceived and born. In teaching this the class teacher may make an assessment based on the individual requirements of the class to separate year groups for teaching purposes. In the event of this both year groups will receive age appropriate teaching in separate sessions that may have differing outcomes.