



Year 5 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	RSE- Impacted lifestyles + making good choices: <ul style="list-style-type: none"> - To know about the effect that a range of substances including drugs, tobacco and alcohol can have on the body. - To know to make good choices about substances that would have an impact on their health - To know that our bodies are created by God, so we should take care of them and be careful about what we consume 	Lesson 1	RSE- Hope beyond death: <ul style="list-style-type: none"> - To know what 'death' means - To know some feelings often connected with grief - To know what the Christian faith says about death and eternal life - To know some ways to support themselves and others when they are grieving 	Lesson 1	PSHE - Engage: <ul style="list-style-type: none"> - To recap on all the habits we've learnt so far. - To learn about what we engage in. - To learn how we can feel good.
Lesson 2	RSE- Give assistance <ul style="list-style-type: none"> - To understand the recovery position can be used when a person is unconscious but breathing DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.	Lesson 2	PSHE- Appreciate: <ul style="list-style-type: none"> - To learn what appreciation means. - To learn why gratitude is important. - To learn how to develop a deeper sense of gratitude. 	Lesson 2	PSHE- Engage: <ul style="list-style-type: none"> - To learn how we can Feel Good and Do Good. - To learn what Big Dream Goals are. - To learn how our feelings affect our engagement levels.
Lesson 3	PSHE <ul style="list-style-type: none"> - Meet your brain: To learn all about our brains. To learn how you can train your mind. - To learn how each part of Team H-A-P works. 	Lesson 3	PSHE- Appreciate: <ul style="list-style-type: none"> - To learn what happens when we give and receive gratitude. - To learn what the Gratitude Domino Effect is. - To learn what 3 things are important to appreciate. 	Lesson 3	PSHE- Engage: <ul style="list-style-type: none"> - To learn how perseverance and resilience help us. - To learn how to stay focussed on our goals. - To learn how we already have the skills of perseverance and resilience.
Lesson 4	PSHE- Meet your brain: <ul style="list-style-type: none"> - To learn why the Amygdala behaves the way it does. 	Lesson 4	PSHE- Appreciate: <ul style="list-style-type: none"> - To learn which hormone gets released when we give or receive gratitude. 	Lesson 4	PSHE- Engage: <ul style="list-style-type: none"> - To bring our MyHappyMind journey to an end for the year.

	<ul style="list-style-type: none"> - To learn what triggers our Amygdala 		<ul style="list-style-type: none"> - To learn how to create a habit of giving gratitude. - To learn how gratitude can help us to face problems. 		<ul style="list-style-type: none"> - To recap on everything we have learnt about ourselves this year.
Lesson 5	PSHE- Meet your brain: <ul style="list-style-type: none"> - To learn how to calm our Amygdala. - To learn what Neurons and Neural Pathways are. - To learn how habits can be formed 	Lesson 5	PSHE- Appreciate: <ul style="list-style-type: none"> - To learn how to appreciate ourselves. - To learn about the links between Character Strengths and Gratitude for ourselves. 		
Lesson 6	PSHE- Meet your brain: <ul style="list-style-type: none"> - To learn how to calm our Amygdala. - To learn what Neurons and Neural Pathways are. - To learn how habits can be formed - 				
	PSHE- Meet your brain: <ul style="list-style-type: none"> - To learn what happens in our brain when we are feeling stressed. - To learn all about the role of Cortisol. To learn how to manage our Cortisol levels.				
Autumn 2		Spring 2		Summer 2	
Lesson 1	RSE- Cyber bullying: <ul style="list-style-type: none"> - To understand what the term cyberbully means and examples of it - To understand what cyberbullying feels like for the victim - To know to get help if they experience cyberbullying 	Lesson 1	PSHE- Relate: <ul style="list-style-type: none"> - To learn how to understand and celebrate our differences. - To learn what 'Stop, Understand and Consider' means and how it can help. 	Lesson 1	RSE- Girls bodies: <ul style="list-style-type: none"> - To understand human beings are different to other animals - To learn about the unique growth and development of humans, and the changes that girls experience during puberty - To learn about the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately - To understand the need for modesty and appropriate boundaries.

Lesson 2	PSHE- Celebrate: <ul style="list-style-type: none"> - To learn about our Character Strengths and their main types through Virtues. - To learn which strengths we use the most. - To learn why it is important to use our strengths. 	Lesson 2	PSHE- Relate: <ul style="list-style-type: none"> - To learn how to better understand differences. - To learn how we can use our strengths in different ways. 	Lesson 2	RSE- Boys bodies: <ul style="list-style-type: none"> - To understand human beings are different to other animals - To learn about the unique growth and development of humans, and the changes that boys experience during puberty - To learn about the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately - To understand the need for modesty and appropriate boundaries.
Lesson 3	PSHE- Celebrate: <ul style="list-style-type: none"> - To explore the strengths in even more detail. - To learn which strengths we use most. - To learn why it is important to use our strengths 	Lesson 3	PSHE- Relate: <ul style="list-style-type: none"> - To learn what makes a good friend. - To learn how friends help us solve problems. - To learn why it is important to show gratitude to friends 	Lesson 3	RSE- Menstruation: <ul style="list-style-type: none"> - To understand the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life - To know some practical ways to manage the onset of menstruation
Lesson 4	PSHE- Celebrate: <ul style="list-style-type: none"> - To learn about the strengths in more detail. - To learn how to grow our strengths. - To learn how we use our Top 5 Strengths - 	Lesson 4	PSHE- Relate: <ul style="list-style-type: none"> - To learn how Active Listening can help us to relate to others. - To learn how Active Listening can help us to Stop, Understand and Consider 	Lesson 4	RSE- You want a piece of cake? <ul style="list-style-type: none"> - To understand what consent and bodily autonomy means - To discuss and reflect on different scenarios where it is right to say 'no'
Lesson 5	PSHE- Celebrate: <ul style="list-style-type: none"> - To learn how we can use our strengths in different situations. - To learn how strengths help us to be at our best. 				
Lesson 6	PSHE- Celebrate: <ul style="list-style-type: none"> - To learn how our strengths can help us when we are worried about something. 				

- **PSHE – My Happy Mind**
- **PSHE – Ten Ten Life to the Full Plus (PSHE)**
- **RSE – Ten Ten Life to the Full (RSE)**