



Year 5 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	PSHE - 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 1	PSHE- Appreciate: - To learn what appreciation means. - To learn why gratitude is important. - To learn how to develop a deeper sense of gratitude.	Lesson 1	PSHE - Engage: - 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	PSHE- Meet your brain: - To learn why the Amygdala behaves the way it does. - To learn what triggers our Amygdala	Lesson 2	PSHE- Appreciate: - 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 2	PSHE- Engage: - 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- Meet your brain: - To learn how to calm our Amygdala. - To learn what Neurons and Neural Pathways are. - To learn how habits can be formed	Lesson 3	PSHE- Appreciate: - To learn which hormone gets released when we give or receive gratitude. - To learn how to create a habit of giving gratitude. - To learn how gratitude can help us to face problems.	Lesson 3	PSHE- Engage: - 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: - 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.	Lesson 4	PSHE- Appreciate: - To learn how to appreciate ourselves. - To learn about the links between Character Strengths and Gratitude for ourselves.	Lesson 4	PSHE- Engage: - To bring our MyHappyMind journey to an end for the year. - To recap on everything we have learnt about ourselves this year.
Lesson 5	PSHE- Peculiar feelings Deepen their understanding of the range and intensity of their	Lesson 5	RSE- Impacted lifestyles + making good choices:	Lesson 5	PSHE- The Holy Spirit That God calls us to love others

	feelings; that 'feelings' are not good guides for action Learn that some behaviour is wrong, unacceptable, unhealthy or risky		- 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		About ways in which we can participate in God's call for us to love others
Lesson 6	PSHE- Body Image - To recognise that images in the media do not always reflect reality and can affect how people feel about themselves - That thankfulness builds resilience against feelings of envy, inadequacy etc, and against pressure from peers or the media	Lesson 6	RSE- Give assistance - 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 6	PSHE- Catholic Social Teaching - That God calls us to love others - About ways in which we can participate in God's call for us to love others
Autumn 2		Spring 2		Summer 2	
Lesson 1	PSHE- Celebrate: - 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 1	PSHE- Relate: - 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: - 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: - 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 2	PSHE- Relate: - To learn how to better understand differences. - To learn how we can use our strengths in different ways.	Lesson 2	RSE- Boys bodies: - 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: - 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 3	PSHE- Relate: - 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- Hope beyond death: - 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 4	PSHE- Celebrate: - To learn how we can use our strengths in different situations. - To learn how strengths help us to be at our best.	Lesson 4	PSHE- Relate: - 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? - 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: To learn how our strengths can help us when we are worried about something.	Lesson 5	RSE- Cyber bullying: - 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 5	PSHE- Reaching out - That God calls us to love others - About ways in which we can participate in God's call for us to love others
Lesson 6	RSE- Menstruation: - 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 6	PSHE - God is calling you - That God calls us to love others - About ways in which we can participate in God's call for us to love others		

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