

Year 5 PSHE Long Term Plan

Autumn 1

Me and My Relationships (SCARF) Meet your Brain (My Happy Mind)		
DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
Wider PSHE curriculum (not covered by DfE statutory requirements) CF2, CF3	Collaboration Challenge! Give and take	<ul style="list-style-type: none"> - Explain what collaboration means; - Give examples of how they have worked collaboratively; - Describe the attributes needed to work collaboratively. - Explain what is meant by the terms negotiation and compromise; - Describe strategies for resolving difficult issues or situations.
CF1, CF2, CF3, CF4, MW1, MW2, MW3 CF2, CF3, CF4, CF5, RR3, RR4, RR5	How good a friend are you? Relationship cake recipe	<ul style="list-style-type: none"> - Demonstrate how to respond to a wide range of feelings in others; - Give examples of some key qualities of friendship; - Reflect on their own friendship qualities. - Identify what things make a relationship unhealthy; - Identify who they could talk to if they needed help.
CF2, CF3, CF5, RR1	Being assertive	<ul style="list-style-type: none"> - Identify characteristics of passive, aggressive and assertive behaviours; - Understand and rehearse assertiveness skills.
MW2, MW3, MW4, MW9, MW10	Our emotional needs	<ul style="list-style-type: none"> - Recognise basic emotional needs, understand that they change according to circumstance; - Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.
	Meet your Brain Lesson 1	<ul style="list-style-type: none"> - Learning all about our brains - How your train your mind - How Team H-A-P works
	Meet your Brain Lesson 2 Meet your Brain Lesson 3	<ul style="list-style-type: none"> - Why the amygdala behaves the way it does - What triggers our amygdala - How to calm our amygdala - Learning what neurons and neural pathways are - How habits can be formed
	Meet your Brain Lesson 4	<ul style="list-style-type: none"> - How to look after our brain - How happy breathing is good for our brains
	Meet your Brain Lesson 5	<ul style="list-style-type: none"> - Learning what happens in our brain when we are feeling stressed - Learning about role of cortisol - How to manage our cortisol levels

Autumn 2

Valuing Difference (SCARF)
Celebrate (My Happy Mind)

DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
	Celebrate Lesson 1	-Learn about character strengths and the main types through virtues -Learn what strengths we use the most and why they are important to use
	Celebrate Lesson 2 Celebrate Lesson 3	-Exploring strengths in more details -Which strengths we use most and why it is important to use them -How we can grow our strengths -How we use our top 5 strengths
	Celebrate Lesson 4	-How we can use our strengths in different situations -How our strengths help us to be at our best
	Celebrate Lesson 5	-How our strengths can help us when we are worried about something
RR1, RR2, RR4, RR5	Kind conversations	- Rehearse active listening skills: - Demonstrate respectfulness in responding to others and respond appropriately to others.
RR1, RR2, RR3, RR4, RR5, RR6, RR7	Happy being me	- Recognise some of the feelings associated with feeling excluded or 'left out'; - Give examples of ways in which people behave when they discriminate against others who are different from them; - Understand the importance of respecting others, even when they are different from themselves.
FPC3, CF3, RR1, RR2, RR4, RR5	The land of the Red People	- Identify and describe the different groups that make up their school/wider community/other parts of the UK; - Describe the benefits of living in a diverse society; - Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.

Spring 1

Keeping Myself Safe (SCARF)

Appreciate (My Happy Mind)

DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
RR6, OR1, OR2, OR3, OR5, MW8, ISH5	Spot bullying	- Demonstrate strategies to deal with both face-to-face and online bullying; - Demonstrate strategies and skills for supporting others who are bullied; - Recognise and describe the difference between online and face-to-face bullying.
CF5, RR2, RR4, RR5, RR8, BS1, BS2	Ella's diary dilemma	- Define what is meant by a dare; - Explain why someone might give a dare; - Suggest ways of standing up to someone who gives a dare.
CF5	Decision Dilemmas	- Recognise which situations are risky; - Explore and share their views about decision making when faced with a risky situation; - Suggest what someone should do when faced with a risky situation.
DAT1	Drugs: true or false?	- Understand some of the complexities of categorising drugs; - Know that all medicines are drugs but not all drugs are medicines; - Understand ways in which medicines can be helpful or harmful and used safely or unsafely.
ISH6, DAT1, PH4 BS1	Vaping: healthy or unhealthy?	- Understand the actual norms around smoking and the reasons for common misperceptions of these. - Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this

	Smoking: what is normal? Would you risk it?	<p>situation, including emotional risks;</p> <ul style="list-style-type: none"> - Describe some of the health risks caused by vaping; - Understand that there are potential health risks of vaping that are not yet fully known; - Use critical thinking skills when reading information/media; - Understand that companies selling vaping products do so to make money; - Describe some of the possible outcomes of taking a risk. - Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.
	Appreciate Lesson 1	<ul style="list-style-type: none"> - Learning what appreciation means - Why gratitude is important - Develop a deeper sense of gratitude
	Appreciate Lesson 2	<ul style="list-style-type: none"> - How it feels to give and receive gratitude - Learning what the domino effect is - What three things are important to appreciate

Spring 2

Rights and Respect (SCARF)

Appreciate (My Happy Mind) – Continue from Spring 1

DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
	Appreciate Lesson 3	<ul style="list-style-type: none"> - Learning which hormone gets released when we give or receive gratitude - How to create a habit of giving gratitude - How gratitude can help us to face problems
	Appreciate Lesson 4	<ul style="list-style-type: none"> - How to appreciate ourselves - Learning about the links between characters strengths and gratitude for ourselves
ISH6, PHF2, PHF3, HE1 OR4, ISH6	What's the story? Fact or opinion?	<ul style="list-style-type: none"> - Identify, write and discuss issues currently in the media concerning health and wellbeing; - Express their opinions on an issue concerning health and wellbeing; - Make recommendations on an issue concerning health and wellbeing. - Understand the difference between a fact and an opinion; - Understand what biased reporting is and the need to think critically about things we read.
Wider PSHE curriculum (not covered by DfE statutory requirements)	Rights, responsibilities and duties	<ul style="list-style-type: none"> - Define the differences between responsibilities, rights and duties; - Discuss what can make them difficult to follow; - Identify the impact on individuals and the wider community if responsibilities are not carried out.
MW5	Mo makes a difference	<ul style="list-style-type: none"> - Explain what we mean by the terms voluntary, community and pressure (action) group; - Give examples of voluntary groups, the kind of work they do and its value.
Wider PSHE curriculum (not covered by DfE statutory requirements)	Spending wisely	<ul style="list-style-type: none"> - State the costs involved in producing and selling an item; - Suggest questions a consumer should ask before buying a product.
Wider PSHE curriculum (not covered by DfE statutory requirements)	Lend us a fiver!	<ul style="list-style-type: none"> - Define the terms loan, credit, debt and interest; - Suggest advice for a range of situations involving personal finance.

Summer

Being My Best (SCARF) Relate (My Happy Mind) Engage (My Happy Mind)		
DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
	Relate Lesson 1	<ul style="list-style-type: none"> - How to understand and celebrate our differences - Learning what 'stop', 'understand' and 'consider' means and how it can help
	Relate Lesson 2	<ul style="list-style-type: none"> - Learning how to better understand differences - How we can use our strengths in different ways
	Relate Lesson 3	<ul style="list-style-type: none"> - What makes a good friend - How friends help us solve problems - Why it is important to show gratitude to our friends
	Relate Lesson 4	<ul style="list-style-type: none"> - Active listening and how it helps us relate with others - How active listening helps us to 'stop', 'understand' and 'consider'
Wider PSHE curriculum (not covered by DfE statutory requirements)	Different skills	<ul style="list-style-type: none"> - Identify their own strengths and talents; - Identify areas that need improvement and describe strategies for achieving those improvements.
BS1	Independence and responsibility	<ul style="list-style-type: none"> - Identify people who are responsible for helping them stay healthy and safe; - Identify ways that they can help these people.
ISH4	Star qualities	<ul style="list-style-type: none"> - Describe 'star' qualities of celebrities as portrayed by the media; - Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life; - Describe 'star' qualities that 'ordinary' people have.
	Engage Lesson 1	<ul style="list-style-type: none"> - Recap all of the habits we have learnt so far - Learn about what we engage in - How to feel good
	Engage Lesson 2	<ul style="list-style-type: none"> - How we can feel good and do good - Learn what big dream goals are - How our feelings affect our engagement levels
	Engage Lesson 3	<ul style="list-style-type: none"> - How perseverance and resilience can help us - How to keep focussed on our goals - How we already have the skills of perseverance and resilience
	Engage Lesson 4	<ul style="list-style-type: none"> - Bringing our happy mind journey to an end for the year

- Recap everything that we have learnt about ourselves this year

Additional Notes:

During Internet Safety Week, please refer to the following SCARF Lessons:

RR1, RR2, RR6, RR7, OR2, OR3, OR4, OR5, BS1, ISH2, ISH3, ISH5, ISH6	Is it true?	Understand that the information we see online either text or images, is not always true or accurate; - Recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them; - Understand and explain the difference sex, gender identity, gender expression and sexual orientation.
OR1, OR2, OR3, OR4, BS1, BS4, ISH3, ISH5, ISH7	Play, Like, Share	- Reflect on what information they share offline and online: - Recognise that people aren't always who they say they are online; Know how to protect personal information online.