

Year 5 PSHE – Learning Journey



Valued

- Listen and respond respectfully
- Discrimination in relation to racism, sexism and homophobia
- Impact of discrimination
- Online bullying and discrimination



Empathetic

- Peer influence
- Relationships
- Intercourse and pregnancy



SELF IDENTITY



Summer



Innovative

- Careers and ambition
- Factors that influence career choice
- Diversity and inclusion in the workplace
- Stereotyping in the workplace
- Variety of routes into work



Responsible

- Identifying risky situations
- Basic first aid
- Protecting the environment
- Physical touch and consent
- Online safety



Spring



Team

- Setting rules
- Inclusion as a team
- Healthy friendships
- Facing challenges in friendships
- Benefits of different types of friends
- How to seek support

Healthy

- Healthy, balanced diet
- The importance of sleep
- The benefits of being outdoors for mental health
- Dangers of sun exposure
- Illness and allergies
- Bacteria vs virus



Autumn

Golden Rules

- We are gentle
- We are kind and helpful
- We listen
- We are honest
- We work hard
- We look after property