

Year 5 – PSHE lessons

| Autumn 1   | Spring 1   | Summer 1  |
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| <p><b>Fun, food and fitness: influences on fun, food and fitness</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about the factors that influence people’s choices about the food they buy and eat</li> <li>2. that messages given on food adverts can be misleading</li> <li>3. about how the media influences people’s ideas about fun, food and fitness</li> </ol> | <p><b>Financial capability: value for money?</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about what is meant by ‘value for money’ and being a critical consumer</li> <li>2. about some of the risks involved in borrowing money</li> <li>3. about what makes someone enterprising</li> </ol>  | <p><b>Mental health: stereotypes, discrimination and prejudice (including tackling homophobia)</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about stereotyping, including gender stereotyping</li> <li>2. about prejudice and discrimination (in relation to homophobia) and how this can make people feel</li> </ol> |
| Autumn 2   | Spring 2   | Summer 2  |
| <p><b>Keeping safe: out and about</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about keeping safe near roads, rail, water, building sites and around fireworks</li> <li>2. about what to do in an emergency and basic emergency first aid procedures</li> <li>3. about problems that can occur when someone goes missing from home</li> </ol>                      | <p><b>Drug, alcohol and tobacco education: influences</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about the risks associated with smoking drugs (cigarettes, e-cigarettes, shisha and cannabis)</li> <li>2. about the conflicting messages portrayed in the media concerning alcohol and tobacco</li> <li>3. strategies to resist pressure concerning drug use</li> </ol> | <p><b>Citizenship: democracy</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>1. about the role of the local council</li> <li>2. about the role of the government, the main political parties and how laws are made</li> <li>3. about voluntary and community pressure groups</li> </ol>                                     |