**Year 5 PSHE Scheme of Work (24/25)**

**Don’t Forget The Various Starter Ideas**

**Is it Time For A Mindfulness / Self-Esteem Session?**

Learning objective/question in Green

Possible Activities and other notes in Red

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| **Relationships**  | **Health and Wellbeing**  | **Living in the Wider World** |
| ***Unit 1 Together*** ***Everyone Achieves More*****A New Start Year 5: Edwinstree School Ethos** What is Edwinstree’s ethos and Christian values? Christian Values CrossEquity versus EqualityRespect – Commitment - EmpathyZones of Regulation CandleUnique – Wonderful – Flourish(Year 5 - Where can you find these in school?)***(Optional)*****A Letter To Your Future Self****A New Start Year 5: Edwinstree School Ethos** What is Edwinstree’s ethos and Christian values? Christian Values CrossEquity versus EqualityRespect – Commitment - EmpathyZones of Regulation CandleUnique – Wonderful – Flourish(Year 5 - Where can you find these in school?)***(Optional)*****A Letter To Your Future Self****Together Everyone Achieves More** I can talk about the attributes of a good team.Choose a good team that you know of or are part of, what are the positive attributes of this team?Draw what a good team looks like, write down the positive attributes (could use magazines etc instead of drawing the team.**Communicate** I can accept that people have different opinions and know that I can politely disagree with others and offer my own opinion. Letter to the Head, to increase/decrease school holidays.Scenario cards – appropriate way to communicate?**Compromise and Collaborate** I can compromise and collaborate to ensure a task is completed.Planning a party activity – compromising Creating a song – how do you agree on lyrics?Scenarios – how would compromise help?**Care** I can reflect on the need to care for individuals within a team. How to be sensitive to other people’s needs (Body language, ways of talking etc)Create a pack of class care cards.**Unkind Behaviour** I can identify hurtful behaviour and suggest ways I can help. Scenario cards – 1 spot the problem, 2 what are the effects 3 how help.Storyboard to illustrate the impacts.**Shared Responsibilities** I can understand the importance of shared responsibilities in helping a team to function successfully. What are our responsibilities in the classroom and what happens if we don’t do them?Role play. | ***Unit 2 Think Positive*** **Edwinstree Language for emotions. What are the Four Zones of Regulation?**What are the zones of regulation and how do I feel?Zones of Regulation posterHow do we behave when we are in each zone?**The Cognitive Triangle** I understand the link between thoughts, feelings and behaviours. Create a positive/negative chain and stick in?Create a thought/feeling/behaviours triangles.**Thoughts Are Not Facts** I understand the concept and impact of positive thinking. Bring in a worry doll/puppet or bring in teddy bears to share worries with.Create your own positive affirmations.**Face Your Feelings** I can recognise and manage uncomfortable feelings. Where in your body do you feel the various emotions/ feelings – link to Happy Human project.**Choices and Consequences** I understand the importance of making good choices. How do you make a difficult decision? Once you’ve started with pros and cons, do you then need to prioritise them?**Being Present** I can use mindfulness techniques in my everyday life. Could practise different kinds of mindfulness and meditations eg drawing meditation, walking meditation, yoga meditation, use of Calm or Headspace.**Yes, I Can!** I can apply a growth mindset in my everyday life. Growth Mindset | ***Unit 3 Does Money Make the World Go Round? (Part 1)*****One World - Global Citizens** I can talk about and understand how we can be responsible global citizens. What does it mean to be a global citizen?Images – how are these people being a global citizen?**One World - Global Warming** I can describe what global warming is and what we can do to help prevent it from getting worse. Global warming preventionImages – how are these people preventing global warming?**One World – How Can I Help: Energy** I can explain how our energy use can harm the environment and describe what we can do to help.  Taking Action Role-Play Cards Energy -Spreading the Word My Energy Pledge**Money - Look After It!**I can explain some financial risks and discuss how to avoid them.Invest for success gameDifferent amounts of money – where can I put it safely?**Money - Critical Consumers**I understand how retailers try to influence our spending.Product comparison cards and activity**Money and the Environment - Ethical Spending**I can discuss the spending decisions people have to make.What’s the real cost?Value for Money and Ethical Spending Word SearchEthical Spending Debate Cards |
| **Relationships 2** | **Health and Wellbeing 2** | **Living in the Wider World 2**  |
| ***Unit 4 RSE Year 5******This unit mainly uses the PSHE Association RSE kitemarked lessons.*****Time To Change**What are some of the physical changes that happen during puberty? Labelling body parts.Body changes during puberty.**Boys Talk/Girls Talk Film** What are some of the physical changes that happen during puberty? All About us - Living and Growing seriesOverview of physical and emotional changes during puberty – boys and girls.**Menstruation and Wet Dreams** Can I use scientific vocabulary to describe body parts? Can I explain what happens during menstruation? Can I explain what is meant be a wet dream? Male and female genetalia.Menstrual cycle.**Personal Hygiene** Can I explain how to keep clean during puberty?Hygiene questions.**FGM KS2.** How can I ensure that everyone stays safe?This is a light touch on this sensitive subject.Myths and facts.UN Rights of the Child. | ***Unit 5 How To Look After Myself And My Body*** **Exercise Right, Sleep Tight** I understand why getting enough exercise and enough sleep is important. Good night’s sleep cards.Bedtime routine checklistGuided sleep meditation**Taking Care of Our Bodies** I understand how to take care of my body Self-care bingoSelf-care checklistHealthy kids problem posts.**Harmful Substances** I understand the harmful effects of using drugs, including alcohol and tobacco. Basic substances are their effects.How do you feel about different substances eg age restrictions.**How We Think and Feel About Our Bodies** I understand what a positive body image is. Feeling good about ourselvesHow do stereotypes about the perfect body impact us?Body image, what’s important?**Healthy Choices** I can make informed choices in order to look after my physical and mental health. “What choice would you make?” cards.Balanced lifestyle cards.Story - A healthy day in the life.  | ***Unit 6 Diverse Britain*****Buntingford – How Diverse are we?**To start the unit, consider the community of Buntingford or Stevenage etc. Perhaps use [www.streetcheck.co.uk](http://www.streetcheck.co.uk)/postcode/sg99aw to help us analyse.**Identities** I can talk about the range of faiths and ethnicities in our nation and identify ways of showing respect to all people. Poster of how to show respect for all faiths and ethnicities.**Communities** I can explain what a community is and what it means to belong to one. Write short newspaper report of community incident showing community spirit.When considering community spirit, think of Covid eg Clap for NHS and carers.Rights/responsibilities of a communityCommunity pledge.**Respecting The Law** I can explain why and how laws are made and identify what might happen if laws are broken. Write a Beginners Guide to the law ie some laws, how it helps and consequences for breaking.Imagine Buntingford (or Edwinstree) without any laws (or rules), what would it be like?***(Combine following 2 lessons)*****Local Government**I can discuss the terms democracy and human rights in relation to local government. Local government jigsaw – county council, boroughs etcLocal government quiz**National Government**I can discuss the terms democracy and human rights in relation to national government. National government quizComputing link: could you use TinkerCAD to create a 3D model of parliament/Big Ben?**Making A Difference**I can investigate what charities and voluntary groups do and how they support the community. What charities does Edwinstree support? eg ActionAidMatching Charities with what they doResearch on various charitiesKahoot – Name the charity (title “PSHE Charities”) |