

RSE and PSHE Scheme of Work Perranporth C P School



			Year 5 Autumn T	erm			
		AUTUMN 1 st Half		Autumn 2 nd Half			
Theme	Pharaohs				Rainforest		
Area of Learning	Learning Part 1	Autism Neurodivergence	British Values - Laws & Parliament	Supporting the Community Part 1	The Power of Words - Mouldy Rice	Responsibility and Inspiration	
	Learning Part 2	Caffeine: Helpful or Harmful?	British Values - Laws & Parliament Part 2	Supporting the Community Part 2	Fairtrade Same Storm, Different Boat	Responsibility and Inspiration Part 2	
Area of PSHE/SRE	Living in the Wider World	Relationships Drugs Awareness	British Values	Living in the Wider World	Relationships Living in the Wider World	Relationships	
	Pupils should be taught: to understand that learning is for life. that learning can continue in a variety of places after leaving school	Pupils should be taught: That we are all different and that is okay. To understand what a neurodivergent brain may feel when it gets too much information. About the risks and effects of legal	Pupils should be taught: to provide an opportunity to become involved with democratic processes within the school. to consider how living under the rule of law can protect individuals and enhance their wellbeing and safety.	Pupils should be taught: about how we can support our community. to understand the importance of supporting the community.	Pupils should be taught: To know the importance of thinking about the words we use,	Pupils should be taught: • that being responsible is important in life. • to understand that responsibility may inspire others. • to understand that responsibility has consequences in our lives.	
knowledge and understanding to be explained Key Knowledge	Phase 1 and 2 – Learning key questions: What is learning? Do we all learn in the same way as each other? Does everyone learn in the same way? Is it possible to learn too much? At what age can we leave school? Why are learning many different skills important?			Phase 1 and 2 – Supporting the Community key questions: What is a community? How can you support your community? How could you support your community? Which is NOT a characteristic of a community? Why is it important that we support our community? What might happen if you don't support your local community?			

	How can having a variety of skills	s be important for life?		What might happen if community resources are not used or supported?			
	Phase 3 Autism- Neurodivergen	ce key learning:		Phase 3 Power of Words- Mouldy Rice key learning:			
		you answer? - YouTube to help ch	ildren understand how a	-	ed Rice Incredible Power Of Word	s Experiment By Grant Thomp	
	neurodivergent brain feels.				all mean? Did it really happen? Can		
	How many ways can we be diffe	rent?		experience using our words? Words are the most dangerous weapon of all. How can this be?			
	What are some possible respons	es to everyday happenings for an a	utistic person?				
		tween a neurotypical's reaction to		Can you list some positive powerf	Can you list some positive powerful words?		
	compared to the reaction of a ne		5 .	How can you use your words toda	y for the power of good?	O CONTROL D	
	How can ordinary tasks like show	vering and eating cause problems for	or a neurodivergent brain?			LOWEL	
				Phase 4 Fairtrade- Same Boat, Di	fferent Storm:		
	Phase 4 Caffeine- Helpful or Ha	mful? Key learning:		A Fair Future Episode 1 - The clima	ate crisis isn't fair on Vimeo		
	In what kinds of products is caffe	eine usually found?		What is a consumer?			
	What effects can caffeine induce	<u></u>		What does it mean to exploit land	, nature and people for profit?		
	Is there a safe amount of caffein	e that adults or children can consu	me?	Phase 5 and 6 – Responsibility and Inspiration key questions: Why is being responsible important?			
	Phase 5 and 6- BV Laws and Par	liament key questions:					
	How does an MP become electe	d?		How does responsibility inspire other people?			
	What does a candidate for elect	on have to do?		Which responsibilities might you have at school? Which responsibilities might you have at home? What might sports players do to inspire others with their responsibilities? What consequences does responsibility bring? What benefits does responsibility bring?			
	What skills do you need to repre	sent people as a Member of Pupil F	Parliament?				
	What does an MP do at a parliar	nentary meeting?					
	What are the basic principles of	the rule of law?					
	Why does the rule of law matter	?					
	How old do you have to be befo	re you are accountable under the ru	ule of law?	What might happen if you show that you're a responsible person?			
	If an eleven-year-old commits a			How could being a responsible person improve your life?			
		I'm in trouble. I've been grounded	for a month – do I have any rights	in			
	law?						
		shaved patterns in their hair. Can t	they contest this rule, using the lav	/			
	and human rights to help?		1				
	learn, knowledge, behaviour,	Autism, ASD, sensory,	by-election, general election,	Community, support, voluntary,	Hurt, heal, banter, bullying, think,		
	skills, resilient, determined	neurodiverse, structure	manifesto, opposition leader,	responsible	words, actions,	inspiration, accountable,	
Vocabulary		Caffeine, stimulant, insomnia,					
		anxiety, withdrawal,			Consumer, Customer, Produce,		
		anxiety, withurawai,			Exploitation		

			Year 5 Spring Te	erm				
Spring 1st Half					Spring 2 nd Half			
Theme		Stargazers		Farmir	ng and Agriculture in Co	ornwall		
Area of Learning	Expressing Love Differently As You Grow	British Values - Freedom of Speech and Movement Part 1	The Digital World Part 1	Social Media Being Confident	Communicating Effectively Part 1	Junk Food Part 1		
Š	What is Marriage?	British Values - Freedom of Speech and Movement Part 2	The Digital World Part 2	Homophobic Language in Schools	Communicating Effectively Part 2	Junk Food Part 2		
Area of PSHE/SRE	Relationships	British Values	Online Awareness	Online Awareness Relationships	Relationships	Health and Well-Being		
PSHE (All NC subject content covered)	Pupils should be taught: To recognise that feelings change over time and range in intensity and to understand what constitutes positive, healthy relationships; To develop a varied and nuanced vocabulary when talking about feelings, learning to express them in appropriate ways; To develop strategies to respond, appropriately and proportionately, to feelings, including intense feelings of attraction, passion and intimacy. To learn about marriage and civil partnership To understand that it is a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong		Pupils should be taught: about safety when using the 'Digital World'. to understand the benefits of the 'Digital World'.	Pupils should be taught: To recognise the way social media can have a negative impact on self-esteem and body image; To reframe unhelpful thinking; about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. That gender inequalities and homophobia exist in families, friendships, relationships, communities and society; That casual use of homophobic language, however in unconscious bias, is bullying; That we must challenge it, because everyone has the responsibility to overcome homophobia.	about whether we can learn to communicate effectively or not.	Pupils should be taught: about how junk food can affect our health. about how junk food can affect our daily life. to understand why junk food is bad for us. to know what is in junk food to make it bad for our health.		
understanding to be explained Key Knowledge	Phase 1 Expressing Love Differently as you Grow key learning: Have you heard of consummate love? Can you have intimacy, passion and commitment before the age of 16? Why are friendships and romantic relationships sometimes so tricky? What are the differences between love and infatuation? What are the differences between love and infatuation? Phase 2- What is Marriage key learning: Phase 1- Social Media- Being Confident key learning: Discuss how time-lapse videos show how images can be dramatically faked. It is good to try and present yourself in the best light but how far do you go? How faidentity and self-esteem when images are so fake? Do people present themselves differently online to how they are in person? Are photo apps popular? Watch the video and discuss- Live My Digital for students: Identity & Self-esteem - YouTube				ou go? How far does it damage			
	Primary Kids Explain: Marriage - Yo have any ideas of your own about	<u>ouTube</u> - Discuss! Do you agree with what marriage is?	any of the statements, do you	Phase 2- Homophobic Language in	n Schools key learning:			

	What is assuring 2			th Dana Cat Battan Tha I Sociate	(Official LCDT Charity Canal) V. T.	de a		
	What is marriage? Why do people choose to get married instead of just living together?			· ·	It Does Get Better - The L Project (Official LGBT Charity Song) - YouTube What is homophobic discrimination?			
	why do people choose to get mar	ried instead of just living together?		· •				
	Dhose 2 and 4. BV Freedom of Sn	and Marramant karramation		Where might the thinking behind What could you say to someone w	•	Ипм.		
		eech and Movement key question		what could you say to someone v	vno is being nomophobic?	HOMP (OBIA		
	What is defamation?	petween speaking the truth and spe	eaking your truth?	Phase 3 and 4 – Communicating Effectively key questions:				
	Is defamation a crime?			What is communication?				
	What are some of the effects of sp	• ,		How does communicating effective	<u> </u>			
	What does the term freedom of in	iformation mean?		What are the different ways that				
	What is hate speech?			How can we develop and improve				
				What can good communication sk	•			
	Phase 5 and 6 – The Digital World			Which of these skills would you no	eed to be a good communicator?			
	What is digital etiquette (netiquet	,						
	Why do you need to be careful in	3		Phase 5 and 6 – Junk Food key questions:				
	Why is 'digital etiquette' importan			Why doesn't junk food support our body during physical activity? Can you name any illnesses that eating a regular diet of junk food might cause? How can eating a diet of junk foods affect your weight?				
	Why do we need to be careful abo							
	What are the benefits of the Digital How can the Digital World make u	•						
	How can the 'Digital World' impro			Which illnesses could be caused by eating a diet high in junk food?				
	llow can the Digital World Impro	ve communication:		Is it easier or harder for our body to digest junk food?				
				What happens to your blood sugar levels if you eat a diet high in junk food? How might junk food affect your brain over time?				
		f., . d., f	Outro distribution del de	David a hard davana are da	Commented to the second	tunk for all our broads by a body and a		
	Intimacy, commitment,	freedom of expression, freedom	Online, digital world, danger,	Positive body image, mental	Communicate, online, personal	junk food, unhealthy, choice, risk,		
	boundaries, platonic, infatuation	of information, slander, authentic,	social media	health, photo editing apps	information, boundaries	responsible, safe		
	Civil ceremony, religious	hate speech						
Vocabulary	ceremony, legally valid,			Sexual orientation, homosexual,				
Vocabulary	ceremony, legally valid,			homophobia, transphobia, non-				
	status - single, widowed, divorced			binary,				
	married, co-habiting	1						
	That it day to the bring							

Year 5 Summer Term							
		Summer 1st Half		Summer 2 nd Half			
Theme	Bombs, Blitz and Brits (WW2)				Home or Away?		
Area of Learning	Dealing with Adversity Part 1	The NHS Part 1	Respecting Others Boundaries and Beliefs Part 1	The Human Body Part 1	My Body Changes Part 1	Keeping my Body the Same	
	Dealing with Adversity Part 2	The NHS Part 2	Respecting Others Boundaries and Beliefs Part 2	The Human Body Part 2	My Body Changes Part 2	Keeping my Body the Same Part 2	
Area of PSHE/SRE	Health and Well-Being	Living in the Wider World	British Values	Health and Well-Being	RSE and Drugs Awareness	RSE and Drugs Awareness	
PSHE (All NC subject content covered)	to understand the importance of overcoming a difficult situation. to understand that when things go wrong, our reaction can help	is. • to understand the importance of the NHS.	Pupils should be taught: about what 'respect' means. about how to respect other people's views and opinions. about different beliefs and how to show respect	parts work both individually and as a team. • to understand how exercise supports the function of the human body. • to understand how a balanced diet supports the function of the human body.	Pupils should be taught: • to understand how different body a parts work both individually and as a team. • to understand how exercise supports the function of the human body. • to understand how a balanced diet supports the function of the human body. Pupils should be taught: • to identify, locate and use the terminology for the basic parts of the human body. • to know who to speak to if they are concerned about their health. • to know that their bodies will experience puberty and what this means for their bodies and minds. • to discuss the life process of reproduction in humans. • to know about menstrual wellbeing and the menstrual cycle. • to describe the changes which happen as humans age. • to identify, locate and use the terminology for the basic parts of the human body.	belong to us. • to know that there are laws to protect us as children.	
knowledge and	Phase 1 and 2 – Dealing with ad What is adversity?	versity key questions:		Phase 1 and 2 – The Human Body k Is our body designed to be inactive f How do different nutrients help our	or long periods of time?		

understanding to	What is the best way you can de	eal with adversity?		Which of these are names of organs	in the body?			
be explained	What is the best way to deal wit	th a tough situation?		How can being active help your body?				
Key Knowledge				Which part of our body gives it shape, structure and support?				
	Why is it important to try to control your reactions to adversity?			How does our body move?				
and facts to be	Does adversity affect everyone?							
<mark>recalled</mark>				Phase 3 and 4 – My Body Changes key questions:				
	you do?			Which changes can we see when girls grow and develop into women?				
				Why do girls and women menstruate?				
	Phase 3 and 4 – The NHS key qu	uestions:		,	girl grows and develops into a woman	?		
	What is the nhs?			When do girls and women start to m	nenstruate?			
	Which jobs would you find in th	e NHS?						
	What does NHS stand for?			Which changes can we see when bo				
	Why do we need the NHS?			If sperm is released from the penis o	5			
	Which number do you call if you			What happens to the body when a b				
	Who else may be able to give yo	ou advice on non-urgent medical o	care?	When do boys usually start puberty?	?			
		ners Boundaries and Beliefs key q		Phase 5 and 6 – Keeping My Body the same key questions:				
	What does respect mean?			What do we mean by keeping our body the same? What is FGM?				
	Why should you respect others							
	Why should you respect other p	people?		Who is the person that is in complete control of your body and what happens to it?				
	What is stereotyping?			What does FGM stand for? What is the lesson we learned from an early age about keeping our body the same? Why do you need to talk to somebody if you are worried about FGM? Who can you talk to if you are worried about FGM happening to you? Why is it important to talk to someone if you are worried about FGM happening to you or someone you know?				
	Mhat are the names of some of	the main religions in the world?						
			yent you from gotting along with					
	others?	igions of cultures, should this prev	vent you from getting along with					
	Which religions are the two mos	st practised in the world?						
		s not believe in any God be called?)					
		disapproved of, or disagreed with						
		a alsappiorea oi, oi alsagi eea iii.	in, someone s sener or rengion.					
	adversity, bullying, teasing,	National Health Service, doctor,	Culturally diverse, rights,	choice, responsibility, activity,	penis, vagina, anus, testicles, hips,	law, enforce, police, secret,		
Vocabulary	online, social media, respect	nurse, health, medicine,	opinions, respectful	organ, nutrients, consequence	breasts, pubic hair, menstruation,	Female Genital Mutilation, illegal,		
		treatment, funding		·	puberty	trusted adult, vagina, vulva		
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