

YEAR: YEAR 5 **Theme:** Relationships (Summer)

Purpose: To equip pupils with the knowledge and skills they need to be physically healthy, mentally healthy and safe.

Related Units:

YEAR 4 – Relationships (Summer)

Unit overview	Vocabulary		Knowledge, Skills and Concepts
<u>Relationships</u> Our school's PSHE planning is ambitious for all pupils and is coherently planned and sequenced to ensure that pupils build on and gain new knowledge and skills as they progress through primary school. Our curriculum is broad and balanced to ensure that pupils leave primary schools with the knowledge and skills to keep themselves physically healthy, mentally healthy and safe. We also aim to equip our pupils with the knowledge, skills and attitudes they will need to be active, respectful and engaged citizens of modern Britain. Our PSHE curriculum has a wide range of child-centred activities to ensure the learning is enjoyable for pupils. The scheme of work is based on the learning descriptors laid out in the DfE's 'Statutory Relationships, Sex and Health Education guidance'. PSHE is taught as a discrete lesson once a week but also forms an integral part of the values and ethos of our school. The impact of our PSHE curriculum is also seen in the way pupils interact with others, the way in which they keep themselves mentally and physically healthy, the respect pupils have for other people and the way in which pupils can keep themselves and people around them safe.	New Vocabulary ◦ Sperm ◦ Period and sanitary products ◦ Belonging ◦ Included ◦ Excluded ◦ Physical changes ◦ Emotional changes ◦ Body changes ◦ Voice deepens ◦ Body hair ◦ Pubic hair ◦ Internet ◦ Social media ◦ Critical thinking ◦ Keeping safe ◦ Getting help	Previously Taught (Revise) ◦ Puberty ◦ Penis ◦ Testicles ◦ Vagina ◦ Hygiene ◦ Growth mind set ◦ Fixed mind set	In this unit, pupils are learning: • To identify the qualities of a good friend Relationships Education Objectives • To explore the emotional and physical changes that occur during puberty • To understand male and female puberty changes • To explore the impact of puberty on the body and the importance of physical hygiene • To explore ways to get support during puberty • To understand what makes a family and who to turn to for help and support If covering FGM lessons: • To understand the difference between religion and culture • To know I have the right to say no If not covering FGM lessons: • To understand what dementia is and how it is related to memory • To understand the risks and benefits of using the internet • To explore online peer pressure • To think critically about online games and apps • To plan a presentation based on an online game/app • To understand benefits of a growth mind-set

Related Books/Resources	Whole School/Community Links	Assessment Opportunities
Updated Ealing PSHE SoW > Short Term Planning > Summer > Year 5 - Suggested lesson slides - Suggested resources - Assessment opportunity resources	Collective Worship <i>What does it mean to be a friend? What are the qualities of a good friend?</i> - Initiate display in classroom to celebrate friendship and kindness throughout term. Involve pupils and other staff in making contributions. LEPS Links - MindUp - Zones of regulation - Worry boxes - School Council - Collective worship	<u>Self-Assessment</u> Pupils to complete self-assessment sheet at beginning of Autumn Term and then at the end of Summer Term (in a different colour). Self-assessment sheets to be compiled by class teacher and handed over to next teacher as part of transition. <u>Formal Assessment</u> Lesson 1 – Diamond Nine: Qualities of a Friend (Baseline) Lesson 2 – Puberty: Responding to ‘Alicia’ (Baseline) <i>What does Alicia need to know? Should she feel shy? Should she feel embarrassed?</i> Lesson 12 – Diamond Nine: Qualities of a Friend (Summative) Pupils revisit assessment from Lesson 1 and compare/reflect on progress. <u>Evidence Gathering</u> Compile evidence of learning, from the above assessment opportunities, in individual PSHE books.