

St Cross PSHE and RSE Overview – Year 5

PSHE – Jigsaw

RSE – Life to the Full

Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2
PSHE: My Year Ahead -To face new challenges positively and know how to set personal goals -To know how to use my Jigsaw Journal	PSHE: Different cultures -To understand that cultural differences sometimes cause conflict	PSHE: When I Grow Up (My Dream Lifestyle) -To understand that I will need money to help me achieve some of my dreams	PSHE: Smoking -To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	PSHE: Recognising Me -To learn that I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.	RSE Girls' Bodies -To learn that human beings are different to other animals -To learn about the unique growth and development of humans, and the changes that girls will experience during puberty -To learn about the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately
PSHE: Being a Citizen of My Country -To understand my rights and responsibilities as a citizen of my country	PSHE: Racism -To understand what racism is	PSHE: Investigate Jobs and Careers -To know about a range of jobs carried out by people -To know and explored how much people earn in different jobs	PSHE: Alcohol -To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	PSHE: Safety with Online Communities -I understand that belonging to an online community can have positive and negative consequences	RSE Boys' Bodies -To learn that human beings are different to other animals -To learn about the unique growth and development of humans, and the changes that boys will experience during puberty -To learn about the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately

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PSHE: Year 5 Responsibilities -To understand my rights and responsibilities as a citizen of my country and as a member of my school	PSHE: Rumours and Name-calling -To understand how rumour-spreading and name-calling can be bullying behaviours	PSHE: My Dream Job. Why I want it and the steps to get there -To identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it	PSHE: Emergency Aid -I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	PSHE: Being in an Online Community -I understand there are rights and responsibilities in an online community or social network	RSE Spots and Sleep -To learn how to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.
PSHE-Rewards and Consequences -To make choices about my own behaviour because I understand how rewards and consequences feel	PSHE: Types of Bullying -To explain the difference between direct and indirect types of bullying	PSHE: Dreams and Goals of Young People in Other Cultures -To describe the dreams and goals of young people in a culture different to mine	PSHE: Body Image -To understand how the media, social media and celebrity culture promotes certain body types	PSHE: Being in an Online Community -To understand there are rights and responsibilities in an online community or social network	RSE Emotional Changes -To learn that emotions change as they grow up (including hormonal effects) - To deepen their understanding of the range and intensity of their feelings; that feelings are not good guides for action
PSHE-Our Learning Charter -To understand how an individual's behaviour can impact on a group	PSHE: Does Money Matter? Puzzle outcome: Culture displays -To compare my life with people in the developing world	How Can We Support Each Other? Puzzle Outcome: Charity Fundraising -To understand that communicating with someone in a different culture means we can learn from each other and -I can identify a range of ways that we could support each other	PSHE: My Relationship with Food Puzzle Outcome : Healthy Body Image -To describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures	PSHE: Online Gaming -To know there are rights and responsibilities when playing a game online	RSE Making Babies (Part 1) -To learn how a baby grows and develops in its mother's womb -Pregnancy and childbirth are God's way of giving the gift of life: He creates new life, but entrusts parents with the job of making us
RSE Calming the Storm (5 x 15 minute sessions)	RSE Gifts and Talents -To learn similarities and	RSE Hope Beyond Death -To learn what 'death' means	RSE Body image -To recognise that images in the	RSE Peculiar Feelings -Deepen their understanding of	RSE Menstruation -To learn about the nature and

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-To learn that we were created individually by God who cares for us and wants us to put our faith in Him. -Physically becoming an adult is a natural phase of life. -Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan – and the results will be worth it!	differences between people arise as they grow and mature -By living and working together ('teamwork') we create community. -There are many different types of family set up -Self-confidence arises from being loved by God (not status, etc.)	-To learn about some feelings often connected with grief -To learn what the Christian faith says about death and eternal life -To learn some ways to support themselves and others when they are grieving	media do not always reflect reality and can affect how people feel about themselves -That thankfulness builds resilience against feelings of envy, inadequacy etc, and against pressure from peers or the media	the range and intensity of their feelings; that 'feelings' are not good guides for action -Learn that some behaviour is wrong, unacceptable, unhealthy or risky	role of menstruation in the fertility cycle, and that fertility is involved in the start of life -To learn some practical ways to manage the onset of menstruation
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