

Year 5 PSHE, RSE and British Values



PSHE and RSE: Family and Relationships British Values: Democracy

Autumn 1	Week 1: 5 th Sept	Transition, School Values and Expectations
	Week 2: 11 th Sept	British Values: Democracy – Democracy- Part 3 (Young Citizens)
	Week 3: 18 th Sept	Assessment: Family and Relationships Lesson 1: Build a friend Lesson 2: Friendship skills
	Week 4: 25 th Sept	Lesson 3: Marriage
	Week 5: 2 nd Oct	Lesson 4: Respecting myself
	Week 6: 9 th Oct	Lesson 5: Family life
	Week 7: 16 th Oct	Lesson 6: Bullying
	Week 8: 23 rd Oct	Lesson 7: Stereotyping: Gender

PSHE and RSE: Health and Wellbeing British Values: Rule of Law

Autumn 2	Week 1: 6 th Nov	Lesson 8: Stereotypes: Race and religion Assessment: Family and Relationships
	Week 2: 13 th Nov	British Values: Rule of Law – What are human rights? (Young Citizens)
	Week 3: 20 th Nov	Assessment: Health and Wellbeing Lesson 1: Relaxation: yoga
	Week 4: 27 th Nov	Lesson 2: The importance of rest
	Week 5: 4 th Dec	Lesson 3: Embracing failure
	Week 6: 11 th Dec	Lesson 4: Going for goals
	Week 7: 18 th Dec	Lesson 5: Taking responsibility for my feelings

PSHE and RSE: Health and Wellbeing Safety and the Changing Body British Values: Individual Liberty

Spring 1	Week 1: 8 th Jan	Lesson 6: Healthy meals
	Week 2: 15 th Jan	Lesson 7: Sun safety Assessment: Health and Wellbeing
	Week 3: 22 nd Jan	British Values: Individual Liberty – Conflicting rights (Young Citizens)
	Week 4: 29 th Jan	Assessment: Safety and the changing body Lesson 1: Online friendships
	Week 5: 5 th Feb	Lesson 2: Staying safe online

PSHE and RSE: Safety and the Changing Body

Spring 2	Week 1: 19 th Feb	Lesson 3: Puberty
	Week 2: 26 th Feb	Lesson 4: Menstruation
	Week 3: 4 th Mar	Lesson 5: Emotional changes in puberty
	Week 4: 11 th Mar	Lesson 6: First Aid: bleeding and head injuries
	Week 5: 18 th Mar	Lesson 7: Alcohol, drugs and tobacco: Making decisions Assessment: Safety and the changing body

PSHE and RSE: Citizenship

British Values: Tolerance of those with different faiths and beliefs

Summer 1	Week 1: 8 th Apr	British Values: Tolerance of those with different faiths and beliefs – Cultural diversity in the UK (Young Citizens)
	Week 2: 15 th Apr	Assessment: Citizenship Lesson 1: Breaking the law
	Week 3: 22 nd Apr	Lesson 2: Rights and responsibilities
	Week 4: 29 th Apr	Lesson 3: Protecting the planet
	Week 5: 6 th May	Lesson 4: Contributing to the community
	Week 6: 13 th May	Lesson 5: Pressure groups
	Week 7: 20 th May	Lesson 6: Parliament Assessment: Citizenship

PSHE and RSE: Economic Wellbeing

British Values: Mutual Respect

Summer 2	Week 1: 3 rd June	British Values: Mutual Respect – Citizenship and the wider world (Young Citizens)
	Week 2: 10 th June	Assessment: Economic Wellbeing Lesson 1: Borrowing
	Week 3: 17 th June	Lesson 2: Income and expenditure
	Week 4: 24 th June	Lesson 3: Risks with money
	Week 5: 1 st July	Lesson 4: Prioritising spending
	Week 6: 8 th July	Lesson 5: Stereotypes in the workplace Assessment: Economic Wellbeing
	Week 7: 15 th July	Year 5: Transition lesson: Roles and responsibilities