



PSHE in Year 5 at Plymouth Grove

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to information about themselves and the world around them, and encourages them to explore big ideas and conversations. At the heart of this, we encourage respect and understanding of the universal rights of the child, as set out in the UNCRC. We teach PSHE weekly, following the National Curriculum, and it is led by our class teachers.

Our curriculum is split into the three key themes of **Health and Wellbeing**, **Relationships** and **Living in the Wider World**. Every lesson, we will explore a question together - below, you can see an overview of what your child will be studying this year.

Health and Wellbeing	Relationships	Living in the Wider World
<p>What makes up our identity?</p> <p>How can we recognise and respect similarities and differences?</p> <p>What are stereotypes and how can we challenge them?</p> <p>What is basic first aid? When is it appropriate to use first aid? What should I do in an emergency?</p> <p>What is mental health first aid? What strategies can I use to ensure I have good mental health?</p> <p>What is puberty? How might my body change?*</p> <p>How might puberty affect my emotions and feelings? How should my personal hygiene change?*</p> <p>How can I get advice and support about growing and changing?*</p>	<p>What are different types of relationships?</p> <p>How can friends and family communicate positively?</p> <p>How do I recognise risk in relation to online friendships?</p> <p>How is communication online different or the same? What is appropriate?</p> <p>How should I respond if an online friendship is making me worried or uncomfortable?</p> <p>How can I ask for help or advice?</p>	<p>What rights do we have and how are they protected?</p> <p>What influences people to spend or save money?</p> <p>How can people keep track of money?</p> <p>What choices will I have to make to pay for things?</p> <p>What does it mean when you say something is 'value for money'?</p> <p>What risks are there with money? How can money affect people's feelings and emotions?</p> <p>What different jobs are there? What things do I need to enter different jobs?</p> <p>What influences someone's choice of job? What are stereotypes around jobs and how can we challenge them?</p>

* More details will be sent out in the Spring term prior to teaching

We are happy to further discuss the PSHE curriculum - please see your child's teacher for more details.