



PSHE Plan Overview Year 5 and 6



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1	Understand transitions: expectations, rules, rewards & consequences.	Understand how to reflect on achievements and plan for improvements.	Understand the rights and responsibilities we have in school and at home.	Understand how different media may present information differently & critique this.	Understand how to look and sound friendly and act politely; understand how to listen well and give and receive compliments	Understand that we have different levels relationships e.g. acquaintances, partners, friends, close friends & how these differ.
Week 2	Understand how to identify strengths and areas for improvement, setting high aspirations and goals.	Recognise and predict risks in different everyday situations.	Understand the rights and responsibilities we have towards the environment.	Understand how laws are made nationally and how adults can influence this process.	Understand how to give constructive feedback to others and how this helps them.	Understand appropriate behaviours within each kind of relationship e.g. touch. Know when relationships might be exploitative/harmful and what to do (e.g. NSPCC).
Week 3	Understand when they might need to overcome their emotions (in context of 'we brush off our worries' rule).	Recognise and prevent risks in online situations	Understand that we all have human rights (& children's rights). Understand that human rights can be denied or abused in the UK & overseas.	Understand the role of charities, voluntary action and pressure groups.	Understand how to respectfully disagree in the context of a discussion about a topical issue.	Understand the purposes and legality of marriages & civil partnerships.
Week 4	Understand pressure to behave in unacceptable ways and how to resist it.	Understand that friendships may change/we may fall out.	Understand that human rights have primacy over laws/family customs/community practises.	Understand that the UK is formed of several nations & regions, and the levels of local/regional government.	Understand how to use assertive language to address a problem	Understand that sometimes conflicts occur in all relationships & strategies for dealing with these.
Week 5	Understand what habits are and why they might need to change/be hard to change (in context of behaviour & health choices)	Understand that our families may change (e.g divorce/birth) and how this might make us feel.	Understand the value of enterprise/entrepreneurialism and the skills that make someone 'enterprising'.	Understand that the UK has many different religions and non-religious people & their rights.	Describe how their actions have affected others and how a different choice might have affected them differently.	Learn & practise techniques for solving problems peacefully.
Week 6	Understand that bacteria & viruses affect health & following simple rules can reduce their spread.	Share & reflect upon fictional/personal experiences of bullying and its emotional impact.		Understand that the UK has people of many different ethnic groups within it & their rights.	Understand when it is right and wrong to keep secrets.	Understand how to recognise and manage 'dares'.