

Year 5 PSHE Overview

Autumn 1

Topic	Learning objectives	Useful links
Week 1: Rules, Rights and Responsibilities	To understand the expectations and roles of a Year 6 member of the school	
Week 2 Zones of Regulation	To know the zones and how to use them in the classroom – Worry monsters and	Zones of Regulation Role play zones Recognise the different feelings
Week 3: Rights and responsibilities	To know who cares for them, their family network and who to go to if they are worried, how to attract attention	What I want my teacher to know box
Week 4: Black History Month	See focus for the month this year	See resources in PSHE folder for this year.
Week 5: Black History Month	See focus for the month this year	See resources in PSHE folder for this year
Week 6: Online Safety	How can identity be copied, modified or altered online?	Project Evolve

Autumn 2

Topic	Learning objectives	Useful links
Week 1 Anti-Bullying Week	See year's focus	See PSHE resources
Week 2 Road Safety Week	See year's focus	See PSHE resources
Week 3 Road Safety Week activities	See year's focus	See PSHE resources
Week 4: Calming the Storm	Religious Understanding explores the Gospel story of the 'Calming of the Storm' (from Matthew, Mark and Luke)	UKS2 Module 1 Unit 1
Week 5: Religious Understanding	God is Calling You	UKS2 Module 2 Unit 1 Session 1
Week 6: E-Safety	What is meant by a hoax?	Project Evolve
Week 7: Wellbeing	Well being activity	

Spring 1

Topic	Learning objectives	Useful links
Week 1: Personal Relationships	Under Pressure	UKS2 Module2 Unit 2 Session 1
Week 2: Personal Relationships	Do You Want a Piece of Cake? (Consent)	UKS2 Module2 Unit 2 Session 2
Week 3: Personal Relationships	Self-Talk	UKS2 Module2 Unit 2 Session 3
Week 4: Life Online	Sharing Isn't Always Caring	UKS2 Module 2 Unit 3 Session 1
Week 5: Children's Mental Health	Focus for the year	PSHE folder
Week 6: Online Safety	When is it acceptable to use the work of others?	Project Evolve

Spring 2

Topic	Learning objectives	Useful links
Week 1: Life Online	Cyberbullying	UKS2 Module 2 Unit 3 Session 2
Week 1: Life Online	Cyberbullying – Classroom Shorts Activities	UKS2 Module 2 Unit 3 Session 2
Week 3: Keeping Safe	Types of Abuse	UKS2 Module 2 Unit 4 Session 1
Week 4: Keeping Safe	Types of Abuse – Classroom Shorts Activities	UKS2 Module 2 Unit 4 Session 1
Week 5: Keeping Safe	Impacted Lifestyles	UKS2 Module 2 Unit 4 Session 2
Week 6: Online Safety	How can I support others online?	Project Evolve

Summer 1

Topic	Learning objectives	Useful links
Week 1: Keeping Safe	Impacted Lifestyles – Classroom Shorts Activities	UKS2 Module 2 Unit 4 Session 2
Week 2: Keeping Safe	Making Good Choices	UKS2 Module 2 Unit 4 Session 3
Week 3: Keeping Safe	Giving Assistance	UKS2 Module 2 Unit 4 Session 4
Week 4: Religious Understanding	The Holy Trinity	UKS2 Module 3 Unit 1 Session 1
Week 5: Religious Understanding	Catholic Social Teaching	UKS2 Module 3 Unit 1 Session 2
Week 6: Online Safety	What are app permissions?	Project Evolve

Summer 2

Topic	Learning objectives	Useful links
Week 1: Living in the Wider World	Reaching Out	UKS2 Module 3 Unit 2 Session 1
Week 2: Diversity Week	Focus on diversity materials	PSHE subject folders
Week 3: Living in the Wider World	The World of Work	UKS2 Module 3 Unit 2 Session 2
Week 4: Living in the Wider World	The World of Work – Classroom Shorts Activities	UKS2 Module 3 Unit 2 Session 2
Week 5: Online Safety	How can information be used to make judgements of others?	Project Evolve
Week 6: Wellbeing	Well being activity	

PSHE in Cardinal Newman and our wider Community

- All children learn about Rail Safety as our school is located near Hersham station
- All children learn about Water Safety as we are located near reservoirs, rivers and streams
- Children take part in Road Safety week when they visit local roads and learn how to ensure they are safe when walking/cycling on nearby roads
- World Faith Week gives children the opportunity to learn about different faiths around the world
- Celebrating difference day gives children the opportunity to learn about our wider world and what makes us all different and unique
- Children also learn how to live a healthy lifestyle through different aspects of PSHE and the ways in which we can keep our bodies fit and healthy
- Children learn about how to stay safe online termly
- Links with local community include; visits/cards/letters to the elderly
- Involving members of the parish in hearing children read
- Local authorities where appropriate invite speakers e.g. fire service/police/nurses

