

PSHE and RSE Overview - Year 5

PSHE - Jigsaw

RSE - TenTen

	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 My, my body, my health
Week 1	Jigsaw Lesson 1 PSHE: My Year Ahead - Face new challenges positively and know how to set personal goals - Know how to use my Jigsaw Journal - Know what I value most about my school and can identify my hopes for this school year	Jigsaw Lesson 1 PSHE: Different cultures - I understand that cultural differences sometimes cause conflict - I am aware of my own culture	Jigsaw Lesson 1 PSHE: When I Grow Up (My Dream Lifestyle) - Understand that I will need money to help me achieve some of my dreams - Can identify what I would like my life to be like when I am grown up	Jigsaw Lesson 1 PSHE: Smoking & vaping I know there are health risks with smoking and vaping and can tell you some of the ways that they are harmful to the body I can make an informed decision about whether or not I choose to smoke or vape and I know how to resist pressure	Jigsaw Lesson 1 PSHE: Recognising Me - Have an accurate picture of who I am as a person in terms of my characteristics and personal qualities - Know how to keep building my own self-esteem	RSE: Module 1, unit 2, session 2 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
Week 2	Jigsaw Lesson 2 PSHE: Being a Citizen of My Country - I understand my rights and responsibilities as a citizen of my country - I can empathise with people in this country whose lives are different to my own	Jigsaw Lesson 2 PSHE: Racism - I understand what racism is - I am aware of my attitude towards people from different races, cultures and ethnicities	Jigsaw Lesson 2 PSHE: Keeping Track of money - I recognise that there are different ways that people's spending decisions can affect others and the environment, and that things have different values - I recognise that people have different attitudes	Jigsaw Lesson 2 PSHE: Alcohol Know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart Can make an informed decision about whether or not I choose to drink	Jigsaw Lesson 2 PSHE: Safety with Online Communities - Understand that belonging to an online community can have positive and negative consequences - Can recognise when an online community feels unsafe or uncomfortable	RSE Module 1, unit 2, session 3 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

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			towards saving and spending money, and towards risk	alcohol and know how to resist pressure		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
Week 3	Jigsaw Lesson 3 PSHE: Year 5 Responsibilities - I understand my rights and responsibilities as a citizen of my country and a member of my school - I can empathise with people in this country whose lives are different to my own	Jigsaw Lesson 3 PSHE: Rumours and Name-calling - I understand how rumour-spreading and name-calling can be bullying behaviour - I can tell you a range of strategies to manage my feelings in bullying situations and for problem-solving when I'm part of one	Jigsaw Lesson 3 PSHE: My Dream Job I can explore a range of different jobs and think critically about the information I see about them online I can recognise my own strengths and qualities and understand that it's OK for my goals and identity to change as I grow	Jigsaw Lesson 3 PSHE: Emergency Aid Know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations Know how to keep myself calm in emergencies	Jigsaw Lesson 3 PSHE: Being in an Online Community - Understand there are rights and responsibilities in an online community or social network - Can recognise when an online community is helpful or unhelpful to me	RSE: Module 1, unit 2, session 4 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.
Week 4	Jigsaw Lesson 4 PSHE: Rewards and Consequences Can make choices about my own behaviour because I understand how rewards and consequences	Jigsaw Lesson 4 PSHE: Types of Bullying - To explain the difference between direct and indirect types of bullying	Jigsaw Lesson 4 PSHE: Dreams and Goals of Young People in Other Cultures Describe the dreams and goals of young people in a culture different to mine	Jigsaw Lesson 4 PSHE: Body Image Understand how the media, social media and celebrity culture promotes certain body types Can reflect on my own body	Jigsaw Lesson 4 PSHE: Online Gaming I know there are rights and responsibilities when playing a game online	RSE: Module 1, unit 3, session 3 Emotional Changes - To learn that emotions change as they grow up (including hormonal effects)

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	feel Understand that my actions affect me and others		Reflect on how these relate to my own	image and know how important it is that this is positive and I accept and respect myself for who I am	I can recognise when an online game is becoming unhelpful or unsafe	- To deepen their understanding of the range and intensity of their feelings; that feelings are not good guides for action
Week 5	Jigsaw Lesson 5 PSHE-Our Learning Charter - Understand how an individual's behaviour can impact on a group - Can contribute to the group and understand how we can function as a whole	Jigsaw Lesson 5 PSHE: Does Money Matter? - Can compare my life with people in the developing world - Appreciate the value of happiness regardless of material wealth	Jigsaw Lesson 5 How Can We Support Each Other? - Understand that communicating with someone in a different culture means we can learn from each other - Can identify a range of ways that we could support each other - Can appreciate the similarities and differences in aspirations between myself and young people in a different culture	Jigsaw Lesson 5 PSHE: My Relationship with Food I can describe the different attitudes people have to food and how these can be affected by external influences I respect and value my body	Jigsaw Lesson 5 PSHE: My relationship with technology (Screen time) - Can recognise when I am spending too much time using devices (screen time) - Can identify things I can do to reduce screen time, so my health isn't affected	RSE: Module 1, unit 4, session 1 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
Week 6	Unit 1 RSE Calming the Storm (5 x 15 minute sessions) -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	RSE: Module 1, Unit 2, session 1 Gifts and Talents -To learn similarities and 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	RSE: Module 1, unit 4, session 4 Hope Beyond Death -To learn what 'death' means -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	Jigsaw Lesson 6 PSHE: Healthy me Know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy Am motivated to keep myself	RSE: Module 1, Unit 3, session 2 Peculiar Feelings -Deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action -Learn that some behaviour is wrong, unacceptable,	RSE - Module 1, unit 4, session 3 Menstruation -To learn about the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life

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	and sometimes it might feel confusing, but it is all part of God's great plan - and the results will be worth it!	- Self-confidence arises from being loved by God (not status, etc.)		healthy and happy	unhealthy or risky	- To learn some practical ways to manage the onset of menstruation
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Ages 9-10	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules
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Life to the Full - Overview

Ten:Ten
Resources

UKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
UKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Calming the Storm	Session 1 Gifts and Talents	Session 1 Body Image	Session 1 Making Babies (Part 1)	Session 1 God Is Calling You	Session 1 Under Pressure	Session 1 Sharing Isn't Always Caring	Session 1 Types of Abuse	Session 1 The Holy Trinity	Session 1 Reaching Out
		Session 2 Girls Bodies	Session 2 Peculiar Feelings	Session 2 Making Babies (Part 2)		Session 2 Do You Want A Piece of Cake?	Session 2 Cyberbullying	Session 2 Impacted Lifestyles	Session 2 Catholic Social Teaching	
		Session 3 Boys' Bodies	Session 3 Emotional Changes	Session 3 Menstruation		Session 3 Self-Talk		Session 3 Making Good Choices		
		Session 4 Spots and Sleep	Session 4 Seeing Stuff Online	Session 4 Hope Beyond Death		Session 4 Build Others Up		Session 4 Giving Assistance		