

PSHE Medium Term Plan 2019-2020

Year 5.6

Autumn 1 Transition Relationships & Healthy relationships	Growth mindset
To develop skills needed to maintain a positive/healthy relationship.	Reflective
To recognise signs of an unhealthy relationship and skills needed to deal with it including who to talk to for support.	Reflective
To identify different physical contact and know what is acceptable, unacceptable and how to respond appropriately.	Inquisitive
To be able to work collaboratively towards a shared goal (in a variety of different contexts) Transition.	Team player
To identify strategies to resolve disputes through negotiation and give constructive feedback.	Team player

TenTen Module 1: Created and Loved by God UNIT 1.

(1 week only 4x15mins)

- To recognise and respond to others feelings.

Autumn 2 Relationships Feelings and emotions & Valuing Difference	Growth mindset
To constructively challenge different viewpoints.	Resilience
To recognise similarities and differences in peoples religion.	Reflective
To know how prejudice language can affect others	Reflective
To know how stereotypes affect people and how to deal with this.	Reflective

TenTen Module 1: Created and Loved by God UNIT 3.

(4 sessions)

- To know when it is ok to break a confidence.
- To explore pressures they might experience from ourselves, others and the media.
- To explore strategies to manage new thoughts and feelings I have as my body changes.
- To know who to ask for help when in an uncomfortable situation.

Spring 1 Living in the wider world Rights and responsibilities	Growth mindset
To offer recommendation with regards to topical issues (debate).	Inquisitive
To understand about the lives of people in other places with different values and customs.	Inquisitive
To recognise the role of voluntary, community and pressure groups.	Inquisitive
To explain choices made to solve differences by looking at others point of view.	Team Player
To realise the consequences of anti-social and aggressive behaviour on individuals and the community.	Reflective

Spring 2 Health and Wellbeing Safety and physical Health	Growth mindset
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To know how and why people are there to keep us safe and how we can help them.	Inquisitive
To identify scenarios that involve 'risk, danger and hazard' and how to deal with appropriately.	Reflective

TenTen Module 1: Created and Loved by God UNIT 2.

(4 sessions)

- To set high aspirations and goals.
- To recognise talents and gifts in myself and others, thinking about self-confidence.
- To know detailed differences in girls and boys bodies.
- To know what might influence choices of a balanced diet and healthy lifestyle.
- To look at physical consequences of our changing bodies.

Summer 1 Living in the wider world Money matters	Growth mindset
To understand the terms, debt and tax.	Inquisitive
To know that economic choices affect communities.	Inquisitive
To develop skills to make someone enterprising.	Inquisitive

Tenten: Module 2: Created to Love others UNIT 4

(3 sessions plus build in extra sessions to explore and reflect based on child led learning)

- To learn about new life.
- To understand terminology including menstruation, fertility, conception and childbirth.
- To reflect both individually and as a Catholic community about sex - both physical and emotional.
- To respectfully reflect on those that have a different opinion to me.

Summer 2 Health and Wellbeing Emotional and mental health + Critical Thinking Skills (+ Transition for new schools)	Growth mindset
To identify what gives people positive and negative physical, mental and emotional health and how to deal with these.	Reflective
To identify strategies to resolve disputes through negotiation and give constructive feedback. To understand that people may have pressure to behaviour in an unacceptable way.	Reflective
To know why habits are difficult to change.	Reflective
To develop strategies to keep emotionally safe.	Reflective
To understand what conflicting in emotions are and how to deal with it appropriately.	Resilience

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