

PSHRE (Cycle A) | Years 5 & 6 | 2022-23

Being Me

Planning for the forthcoming year.
Being a good citizen.
Rights and responsibilities.
Rewards and consequences.
How behaviour affects groups.
Democracy: having a voice and importance of participating.

Dreams and Goals

Future dreams.
The importance of money in jobs and careers.
Dream jobs and how to get there.
Goals in different cultures.
Supporting others (charity).
Motivation.

Relationships

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.
SMARRT internet safety rules.

Celebrating Difference

Cultural differences and how they can cause conflict.
Racism.
Rumours and name-calling.
Types of bullying.
Material wealth and happiness.
Enjoying and respecting other cultures.

Healthy Me

Smoking, including vaping.
Alcohol and anti-social behaviour.
Emergency aid.
Body image.
Relationships with food and healthy choices.
Motivation and behaviour.

Changing Me

Self and body image.
Influence of online and media on body image.
Puberty (Science).
Having a baby (Science).
Conception (Science).
Growing responsibility.
Coping with change.
Preparing for transition.