

Personal, Social and Health Education (PSHCE) Expectations: Year 5

Autumn 1	Spring 1	Summer 1
<p>Physical Health And Wellbeing:</p> <p><i>In The Media</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality 	<p>Drug, Alcohol And Tobacco Education:</p> <p><i>Legal And Illegal Drugs</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to explore a range of legal and illegal drugs, their risks and effects • to consider attitudes and beliefs about drug use and drug users • some strategies to resist drug use and peer pressure. 	<p>Relationships and Sex Education:</p> <p><i>Puberty</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to explore the emotional and physical changes occurring in puberty • to understand male and female puberty changes in more detail • to explore the impact of puberty on the body and the importance of physical hygiene • to explore ways to get support during puberty
Autumn 2	Spring 2	Summer 2
<p>Identity, Society And Equality</p> <p><i>Stereotypes, Discrimination And Prejudice (including tackling homophobia)</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about stereotyping, including gender stereotyping • about prejudice and discrimination and how this can make people feel 	<p>Mental Health And Emotional Wellbeing:</p> <p><i>Dealing With Feelings</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement 	<p>Keeping Safe And Managing Risk:</p> <p><i>When Things Go Wrong</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home