



## Our PSHE lessons this half term in Year 5

This half term, our classes will all be learning about the topic 'Valuing Difference' in PSHE. The majority of the content in these lessons is now statutory, in line with the Relationships and Health curriculum that became compulsory for schools in September 2020. When this was introduced we underwent a period of consultation where the proposed changes were set out and parents were invited to give feedback, and this helped us to shape our curriculum.

We feel it would be useful for our parents and carers to have clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with a much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones  
PSHE lead teacher

Lesson	Lesson Focus	Lesson Content
1	Qualities of friendship	<ul style="list-style-type: none"><li>• Define some key qualities of friendship;</li><li>• Describe ways of making a friendship last;</li><li>• Explain why friendships sometimes end.</li></ul>
2	Kind conversations	<ul style="list-style-type: none"><li>• Rehearse active listening skills;</li><li>• Demonstrate respectfulness in responding to others;</li><li>• Respond appropriately to others.</li></ul>
3	Happy being me	<ul style="list-style-type: none"><li>• Develop an understanding of discrimination and its injustice, and describe this using examples;</li><li>• Empathise with people who have been, and currently are, subjected to injustice, including through racism;</li><li>• Consider how discriminatory behaviour can be challenged.</li></ul>
4	The land of the Red People	<ul style="list-style-type: none"><li>• Identify and describe the different groups that make up their school/wider community/other parts of the UK;</li><li>• Describe the benefits of living in a diverse society;</li><li>• Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.</li></ul>
5	Is it true?	<ul style="list-style-type: none"><li>• Understand that the information we see online, either text or images, is not always true or accurate;</li><li>• Recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them;</li><li>• Understand that people can feel and think different things about their gender</li></ul>

6	Stop, start, stereotypes	<ul style="list-style-type: none"><li>• Recognise that some people can get bullied because of the way they express themselves</li><li>• Give examples of how bullying behaviours can be stopped.</li></ul>
7	It could happen to anyone	<ul style="list-style-type: none"><li>• Identify the consequences of positive and negative behaviour on themselves and others;</li><li>• Give examples of how individual/group actions can impact on others in a positive or negative way.</li></ul>