



Our PSHE lessons this half term in Year 5

This half term, our classes will all be learning about the topic 'Being my Best' 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	It all adds up!	<ul style="list-style-type: none">• Know the basic functions of the four systems covered and know they are inter-related.• Explain the function of at least one internal organ.• Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health.
2	Different skills	<ul style="list-style-type: none">• Identify their own strengths and talents;• Identify areas that need improvement and describe strategies for achieving those improvements.
3	My school community (2)	<ul style="list-style-type: none">• State what is meant by community;• Explain what being part of a school community means to them;• Suggest ways of improving the school community.
4	Independence and responsibility	<ul style="list-style-type: none">• Identify people who are responsible for helping them stay healthy and safe;• Identify ways that they can help these people.
5	Star qualities?	<ul style="list-style-type: none">• Describe 'star' qualities of celebrities as portrayed by the media;• Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life;• Describe 'star' qualities that 'ordinary' people have.
6	Basic first aid, including Sepsis Awareness	<ul style="list-style-type: none">• <i>Physical Health and Mental Wellbeing (Health Education)</i> Basic first-aid 1. How to make a clear and efficient call to emergency services if necessary.

		<ul style="list-style-type: none">• <i>Physical Health and Mental Wellbeing (Health Education)</i>Basic first-aid <p>2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p>
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