

Year 5 and 6 Curriculum Plan



PSHE school opportunities (Subscribe to the PSHE Association for full planning)	Year 5			Year 6		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Health and Wellbeing						
what is meant by a healthy lifestyle						
how to maintain physical, mental and emotional health and wellbeing						
how to manage risks to physical and emotional health and wellbeing						
ways of keeping physically and emotionally safe						
about managing change						
how to make informed choices about health and wellbeing and to recognise sources of help with this						
how to respond in an emergency						
to identify different influences on health and wellbeing						
Relationships						
how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts						
how to recognise and manage emotions within a range of relationships						
how to recognise risky or negative relationships including all forms of bullying and abuse						
how to respond to risky or negative relationships and ask for help						
how to respect equality and diversity in relationships.						
Wider World						
about respect for self and others and the importance of responsible behaviours and actions						
about rights and responsibilities as members of families, other groups and ultimately as citizens						
about different groups and communities						
to respect equality and to be a productive member of a diverse community						
about the importance of respecting and protecting the environment						
about where money comes from, keeping it safe and the importance of managing it effectively						
how money plays an important part in people's lives						
a basic understanding of enterprise.						

