

# YEAR 5 OVERVIEW

We follow the Jigsaw scheme of work for PSHE, the objectives of which are shown in green.



## Being Me in My World

- Being a good citizen in my school and country
- Rights and responsibilities
- Rewards and consequences
- How behaviour affects groups
- Assemblies (see programme).

## Dreams and Goals

- Future dreams
- The importance of money
- Jobs and careers
- Dream job and how to get there
- Goals in different cultures
- Supporting others
- Motivation
- Assemblies (see programme).

## Relationships

- Self-recognition and self-worth
- Building self-esteem
- Online safety
- Rights and responsibilities online
- Online gaming and gambling
- Reducing screen time
- Online grooming
- Assemblies (see programme).

AUTUMN

SPRING

SUMMER

## Celebrating Difference

- Cultural differences
- Racism
- Rumours and name-calling
- Types of bullying
- Material wealth and happiness
- Enjoying and respecting others cultures
- Assemblies (see programme).

## Healthy Me

- Smoking including vaping
- Alcohol and anti-social behaviour
- Emergency Aid
- Body image
- Relationships with food
- Healthy choices
- Motivation and behaviour
- Assemblies (see programme).

## Changing Me

- Self and body image
- Influence of online and media
- Puberty
- Conception
- Growing responsibility
- Preparing for change
- Assemblies (see programme).

This runs in conjunction with whole school events, themed weeks, curriculum enhancement days and offsite visits to enhance the curriculum. Ambleside Academy Values and Fundamental British Values are interwoven throughout all.