



LEAS PARK JUNIOR SCHOOL - Curriculum Progression Map

Year Group:

5

Subject: PSHE

Topic Unit Curriculum Strand	Autumn:	Spring:	Summer:
<p>→</p> <p>→</p> <p>↓</p>	<p>Being me in my world (1) Celebrating difference (2) (Anti-Bullying Week)</p>	<p>Dreams and goals (3) Healthy me (4) (Safer Internet Day)</p>	<p>Relationships (5) Changing me (6) (Healthy Eating Week)</p>
<p>Staying safe (including online safety)</p>	<p>Children can...</p> <ul style="list-style-type: none"> Recognise when an online game is becoming unhelpful or unsafe. (4,5) Recognise when they are spending too much time on their devices (screen time). (4,5) Explain how to keep safe when using technology to communicate with friends. (4,5) Recognise and resist pressures to use technology in way that may cause harm to themselves or others.(4,5) <p>Children know...</p> <ul style="list-style-type: none"> How to stay calm during emergencies and can put into practice some basic first aid procedures.(4) How to get help in an emergency. (4) There are rights and responsibilities when playing games online. (4,5) 		
<p>Mental wellbeing</p>	<p>Children can...</p> <ul style="list-style-type: none"> Face new challenges positively and set their own goals. (3) Explain why money is needed to achieve some of their dreams and goals and say what they would like to be when they grow up. (3) Reflect on their own body image and see how important it is that this is positive and accept and respect themselves. (4) <p>Children know...</p> <ul style="list-style-type: none"> What they value most about school and identify their hopes for the school year. (1,3) A range of strategies for managing feelings in bullying situations and for problem-solving when they are part of one. (5) Rumour spreading and name-calling are bullying behaviours and know how these things will make others feel. (5) That the media, social media and celebrity culture promote certain body types. (1, 4) Who they are as a person and have an accurate picture of themselves in terms of their characteristics and personal qualities. (1, 4) How to keep building their own self-esteem and self-respect and link it to their own happiness. (3,4) 		
<p>Relationships</p>	<p>Children can...</p> <ul style="list-style-type: none"> Explain how girls' and boys' bodies change during puberty. <p>Children know...</p> <ul style="list-style-type: none"> The changes they experience during puberty are completely normal and that every boy and girl will go through this. How to deal with conflict with parents and friends during puberty. <p>Does this need to be here now as it is repeated in the SRE section at the bottom of the table?</p>		

<p>Staying healthy</p>	<p>Children can...</p> <ul style="list-style-type: none"> • Describe the different roles food can play in people's lives and explain how people can develop problems relating to body image pressure. (4,5) <p>Children know...</p> <ul style="list-style-type: none"> • How to respect and value their body. (1,4,5,6) • Strategies to keep themselves healthy and motivated. (3,4) • Know what makes a healthy lifestyle including healthy eating and the choices they need to make be healthy and happy. (4) • Ways in which they can reduce their screen time so their health isn't affected. (4) • What personal hygiene is and ways to look after their own personal hygiene properly (e.g. showering regularly, using deodorant). (4,6)
<p>British Values</p>	<p>Children can...</p> <ul style="list-style-type: none"> • Empathise with people in their country whose lives are different to their own. (1,2) • Describe the dreams and goals of young people from a culture different to theirs and compare their own with them. (1,2) <p>Children know...</p> <ul style="list-style-type: none"> • Their rights and responsibilities as a citizen of their country and as a member of school. (1,2) • That cultural difference sometimes cause conflict. (1,2) • About their own culture and are aware of this. (1,2) • What racism is and are aware of their attitude towards people from different races. (1,2)
<p>Sex and relationship education</p>	<p>Children can...</p> <ul style="list-style-type: none"> • Identify how their body changes physically when going through puberty. (5,6) • Identify changes in their emotions during puberty. (5,6) <p>Children know...</p> <ul style="list-style-type: none"> • That chemical reactions take place in their bodies during puberty. (5,6) • What constitutes the male reproductive system (boys only). (5,6) • What constitutes the female reproductive system (girls only). (5,6) • What periods are and why/how they occur (girls only). (5,6) • What feminine hygiene products are available and how to use them (girls only). (5,6)

