

	Year 5 & 6 - Focused PSHE Teaching
Term 1	Facts 4 Life Baseline Children will learn to: - Understand that we all get ill; that's normal - Understand that most of the time our bodies will get better from most illnesses on their own; that our bodies are remarkably efficient in restoring balance (homeostasis) - Understand that there are simple things that we can do to help support and promote our own good health Sometimes My Brain Hurts Children will learn to: - Recognise the mental health continuum Digital Wellbeing Year 5 children will learn to: - Agree sensible e-safety rules for the classroom. - Discuss their own personal use of the Internet and choices they make including excessive use, personal information and password security. - Discuss how to protect devices from virus threats. - Discuss the importance of keeping an adult informed about what you're doing online, and how to report concerns. - Explore using the safe and responsible use of online communication tools e.g. blogs, messaging. Year 6 children will learn to: - Agree sensible e-safety rules for the classroom. - Discuss their own personal use of the Internet and choices they make including excessive use, personal information and password security. - Discuss how to protect devices from virus threats. - Discuss the importance of keeping an adult informed about what you're doing online, and how to report concerns. - Explore using the safe and responsible use of online communication tools e.g. blogs, messaging.
Term 2	Facts 4 Life Homeostasis Children will learn to: - Personal responsibility - Diet, exercise & rest - Illness, wellness & balance - Normality of illness - What things help or hinder the body's balance Sometimes My Brain Hurts Children will learn to: - Recognise signs and symptoms of mental illness

Term 3 & 4	Facts 4 Life Healthy Me Children will learn to: • Hygiene • Personal responsibility • Diet, exercise & rest • Illness, wellness & balance • Recognising that our feelings can affect the way we behave • Recognising that our feelings can affect the way our bodies react • Managing feelings • Self-worth • Anxiety - triggers, positive strategies for coping • Resilience Sometimes My Brain Hurts (Term 3) Children will learn to: • Identify who provides support for mental health and illness Sometimes My Brain Hurts (Term 4) Children will learn to: • Use language associated with mental health Year 6 Bikeability Children will learn to: • prepare for on-road cycling • start and finish an on-road journey • recognise typical hazards • let others know what you are about to do • know where to ride on the road • pass parked vehicles and side roads
Term 5 & 6	Facts 4 Life The Family Children will learn to: • Reinforce all prior outcomes • Legal & illegal drugs • Effects and risks of drugs • Identify and assessing risks • Hazards in the home e.g. electrical appliances, sources of fire, sharps and blades, cleaning substances etc. • SunSmart • Emergency aid • Self-harm • Bereavement Sometimes My Brain Hurts (Term 5) Children will learn to: • Take care of their mental health Sometimes My Brain Hurts (Term 6) Children will learn to: • Develop good listening skills

Term 6	First Aid - Workshop led by ERFA Y5 children will learn to: • Serious bleeding • Burns • Shock Y6 children will learn to: • Primary survey • CPR • Chest pain • Strokes
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Year 5 SkillsZone Trip

Children will learn about:

- Home safety
- Fire safety
- Road safety
- School choices: water safety, park safety, railway safety, police custody suite, magistrates court and dark alleyway.