

Pegswood Primary School

Year 5 Coverage

PSHE & RSE



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Year Group Coverage – PSHE & RSE



Year 5

		Family & Relationships	Economic Wellbeing	Citizenship	Health & Wellbeing	Safety & the Changing Body
Family & Relationships	Understanding that we all have different positive attributes and we should be proud of these.	✓				
	Learning what marriage is and that it is a choice that people make.	✓				
	Learning that sometimes families can make children feel unhappy or unsafe and that there is help available.	✓				
	Understanding that friendships will encounter issues but that this may strengthen them.	✓				
	Understanding the impact of bullying and what might influence the behaviour of a bully.	✓				
	Learning how stereotypes can be unfair, negative and destructive.	✓				
Health & Wellbeing	Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun.				✓	
	Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep.				✓	
	Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation.				✓	
	Understanding what can cause stress and how to deal with it.				✓	
	Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets.				✓	
	Developing the ability to take responsibility for and manage my feelings.				✓	
	Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success.				✓	

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		Family & Relationships	Economic Wellbeing	Citizenship	Health & Wellbeing	Safety & the Changing Body
Safety and the Changing Body	Developing an understanding of how to ensure relationships online are safe.					✓
	Recognising an increasing number of online risks and ways to stay safe online.					✓
	Understanding the influence others can have on me.					✓
	Learning strategies I can use to overcome pressure from others.					✓
	Understanding the physical changes from childhood to adulthood.					✓
	Developing an understanding of the main aspects of puberty, including menstruation.					✓
	Learning about the emotional changes during puberty.					✓
	Knowing how to help someone who is bleeding.					✓
	Understanding ways to keep safe when around railways and open water (rivers, beach) and spot potential dangers.					
Citizenship	Breaking the law.			✓		
	Rights and responsibilities.			✓		
	Protecting the planet.			✓		
	Contributing to the community.			✓		
	Pressure groups.			✓		
	Parliament.			✓		
Economic Wellbeing	Borrowing.		✓			
	Income and expenditure.		✓			
	Risks with money.		✓			
	Prioritising spending.		✓			
	Stereotypes in the workplace.		✓			