

PSHE Overview

Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Linden Learners	Family and Relationships	Health and Well-Being	Economic Well-being	Citizenship	Safety and the Changing Body
Well-Being	Discover: Growth Mindset		Take notice: Others around me	Connect: Working together	Give: Paying it forward	Move: Adaptive sports
Lesson 1	What are our Linden Rules and Linden values?	Friendship skills	The importance of rest	What is a weekly budget?	Breaking the law	Puberty
Lesson 2	How can we use talk successfully in the classroom?	Marriage	Taking responsibility for my feelings	What is borrowing and loaning?	Contributing to the community	Menstruation
Lesson 3	How can we regulate our emotions?	Respecting myself	Healthy meals	What are the risks of handling money online?	Parliament	Alcohol, tobacco and drugs: Making decisions
Lesson 4	Kapow Well-Being Y5 Lesson 1 Discover: Growth Mindset	Family life	Sun safety			Online friendships
Lesson 5		Bullying				Staying safe online
Lesson 6		Stereotypes: Race and religion				Bleeding and head injuries