



Year 5

PSHE (Personal, Social, Health and Economic Education) is taught weekly at Wellesbourne, statutory changes have been made to our PSHE curriculum to include Sex, Relationships and Health Education. We have outlined the main focuses for each year group.

Autumn Term

- ◇ **FAMILIES AND FRIENDSHIPS**—Managing friendships and peer influence
- ◇ **SAFE RELATIONSHIPS**—Physical contact and feeling safe
- ◇ **RESPECTING OURSELVES AND OTHERS**—Responding respectfully to a wide range of people; recognising prejudice and discrimination

Spring Term

- ◇ **BELONGING TO A COMMUNITY**— Protecting the environment; compassion towards others
- ◇ **MEDIA LITERACY AND DIGITAL RESILIENCE**— How information online is targeted; different media types, their role and impact
- ◇ **MONEY AND WORK**—Making decisions about money; using and keeping money safe

Summer Term

- ◇ **PHYSICAL HEALTH AND MENTAL WELLBEING**—Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies
- ◇ **GROWING AND CHANGING**—Personal identity; recognising individuality and different qualities; mental wellbeing
- ◇ **KEEPING SAFE**— Keeping safe in different situations, including responding in emergencies, first aid and FGM

For a more detailed break down of lessons being taught throughout the year please see the curriculum page on our school website <https://wellesbourneschool.co.uk/learning/curriculum/pshe/>