

PSHE and RSE Curriculum Upper Key Stage 2

Year 5 and 6	Autumn Module	Spring Module	Summer Module
Year A	Keeping/Staying Healthy	Computer Safety	Growing and Changing [match to science term]
	<p>This module encourages children to research and gain more knowledge about healthy and unhealthy food choices, balanced diets and how our food choices affect our bodies. They will learn about healthy lifestyle choices and the potential dangers of experimenting with cigarettes and alcohol.</p> <p>Specifics include:</p> <ul style="list-style-type: none"> • Healthy Living [looking at how certain types of food can affect our performance in a sports event] • Understanding the importance of a health relationship with food. • Smoking and vaping [how someone can feel pressured in to smoking/vaping]. • Alcohol [the dangers of alcohol and how people can be affected by alcohol in different ways]. • Sun safety 	<p>This module enables the children to deepen their understanding of the negative and positive aspects of using computers and being online, including laws that have been created to protect us. Throughout this module, children will gain the skills and knowledge to enable them to cope in the media generation. Pupils will also have the opportunity to create their own documentaries on computer safety.</p> <p>Specifics include:</p> <ul style="list-style-type: none"> • Online Bullying [the actions we can take if we feel like we are being bullied online]. • Making Friends Online [the dangers of meeting people we have only spoken to online]. • The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. 	<p>This module covers the expected statutory content for Sex and Relationships Education. Children will have the opportunity to look at how we change and grow, including how we grow at different rates. Children will look at healthy and unhealthy relationships and what to do if they feel worried. This module also includes informative animations on puberty and conception.</p> <p>Specifics include:</p> <ul style="list-style-type: none"> • Appropriate Touch (Relationships) This explores the difficult subject of how relationships can be unhealthy or uncomfortable. • Puberty [this looks at the different changes boys and girls go through during puberty]. • Conception [this looks at how a baby is conceived and the various stages of pregnancy. • marriage and civil partnerships

		<ul style="list-style-type: none">• The importance of avoiding putting pressure on others to share information and images online and strategies to resist peer pressure.• How online relationships can complement and support meaningful in-person relationships and the reason why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of using online connection.• How to take a critical approach to what you see and read online.• The risks related to online gaming.• How to understand the information they find online from search engines.• Minimum age for joining social media and why some apps and games are age restricted.	
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Year 5 and 6	Autumn Module	Spring Module	Summer Module
Year B	The Working world	A World Without Judgement	First Aid
	<p>The Working World module supports children’s understanding of the world around them, and introduces them to why and how we pay taxes and how these contribute to the services that look after us. Pupil will gain an understanding of how they can contribute to their families and communities now and in the future. Throughout the topic, children will explore many areas including enterprise skills, budgeting, and price comparisons.</p> <p>Specifics include:</p> <ul style="list-style-type: none"> • Chores at Home [this explores the responsibilities that children may have now and in the future. • Enterprise [This looks at how children can help pay for items they would like]. • In-App Purchases [This provides a subtle introduction to debt and looks at paying for items through apps or games]. 	<p>This module supports children in exploring and celebrating the diverse world in which we live. Pupils will have the opportunity to research British values and the laws that exist to protect us. This module helps children to focus on people’s strengths, celebrate differences, and understand that everyone has the right to live the life they choose as long as they are not hurting others. The topics look at discriminating against others due to disability, same sex marriage, and differences within religion.</p> <p>Specifics include:</p> <ul style="list-style-type: none"> • Breaking Down Barriers [This explores removing barriers and supporting those who have physical disabilities. • Inclusion and Acceptance [This explores the topic of a child having same sex parents]. • British Values [This looks at how we can be inclusive and ensure everyone’s beliefs and needs are respected]. • marriage and civil partnerships 	<p>This module offers a series of videos with dual endings, which provide students with basic first aid knowledge. Throughout the topics, students will explore many areas including breathing difficulties, basic life support, severe bleeding, and head injuries, and will gain an understanding of how they can support a casualty in a first aid emergency situation, including calling for appropriate help.</p> <p>Specifics include:</p> <ul style="list-style-type: none"> • Identifying the signs and taking the correct steps for seeking immediate medical help in the event of: • Asthma attacks • Choking • Anaphylaxis • Head injuries • Seizures • Severe bleeding • Broken bones • Scalds and burns • Heart attacks.

