

Year 5 – PSHE lessons		
Autumn 1	Spring 1	Summer 1
<p>Fun, food and fitness: influences on fun, food and fitness</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the factors that influence people’s choices about the food they buy and eat 2. that messages given on food adverts can be misleading 3. about how the media influences people’s ideas about fun, food and fitness 	<p>Financial capability: value for money?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about what is meant by ‘value for money’ and being a critical consumer 2. about some of the risks involved in borrowing money 3. about what makes someone enterprising 	<p>Mental health: stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about stereotyping, including gender stereotyping 2. about prejudice and discrimination (in relation to homophobia) and how this can make people feel
Autumn 2	Spring 2	Summer 2
<p>Keeping safe: out and about</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about keeping safe near roads, rail, water, building sites and around fireworks 2. about what to do in an emergency and basic emergency first aid procedures 3. about problems that can occur when someone goes missing from home 	<p>Drug, alcohol and tobacco education: influences</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the risks associated with smoking drugs (cigarettes, e-cigarettes, shisha and cannabis) 2. about the conflicting messages portrayed in the media concerning alcohol and tobacco 3. strategies to resist pressure concerning drug use 	<p>Citizenship: democracy</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the role of the local council 2. about the role of the government, the main political parties and how laws are made 3. about voluntary and community pressure groups