

# PSHE Curriculum

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Churchfields Primary School

# Guidance

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- Each year group has 3 documents - the crucial knowledge, key vocabulary and lesson content.
- The crucial knowledge is what we want all children to know and to be able to talk about.
- The lesson content outlines what should be talked about in class during the unit. This is where we demonstrate most progression throughout year groups. For example, all children should know that 'We should treat each other with respect'. However, when asked to talk about it, we would want Y1 children to be talking about being kind and sharing, whereas with Y6 we would want the children to be talking about resolving conflict in different ways and how we should demonstrate kindness to all, regardless of differences such as gender, race or religion.

# Guidance

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- Combine as many lesson content statements into one lesson as you feel is appropriate. Many of them lend themselves to being taught side by side.
- Teach the content in whichever order suits your class and spend as long on any particular crucial knowledge statement as you need to. A class that knows to tell an adult if they're uncomfortable but treat each other with disrespect will need more time talking about kindness and less time talking about telling an adult.

# Autumn

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Relationships

*Year 5*

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# Crucial Knowledge

## Families and Friendships

Families are all different. Sometimes we argue with loved ones and that is okay. Our relationships aren't all the same.

Peer pressure is when the people around you try to influence you.

## Safe Relationships

We have private parts of our body.

We can have the right to say no to anything that makes us uncomfortable.

We should talk to a grown up we trust if we feel uncomfortable or unsafe.

We don't have to keep secrets if they make us sad or uncomfortable.

Bullying is purposefully upsetting someone over and over again.

## Respecting Ourselves and Others

We should treat others and ourselves with respect.

We should be treated with respect.

The way we behave effects others.

# Lesson Content - Y5

## Families and Friendships

Good friends will be respectful to each other and accept them for who they are, regardless of their biological sex, gender expression and orientation.

Make sensible decisions.

Peer pressure can make us choose the wrong decisions.

Teams work best when all members have the opportunity to talk and do their best to listen to what others in their team have to say.

Teams work well when the members of the team can give and receive constructive feedback.

## Respecting Ourselves and Others

There is no such thing as 'the perfect body'.

People come in all different shapes and sizes.

Everyone should be treated fairly and given the same opportunities.

We need to offer kindness to all, regardless of race, religion and gender.

# Lesson Content - Y5

## Safe Relationships

Our bodies belong to us and we can decide whether we want others to touch us or not and this is called **consent**.

It is never someone's fault if they have experienced unacceptable contact.

If you are feeling worried about something and do not feel comfortable telling an adult you know, you can contact Childline to ask for support. The number for children to call to speak to Childline is 0800 1111.

**Autonomy** means to be free from the control or influence of others.

Please recap any topic from previous years if the children are demonstrating that they need reminding.

Recap Y4 Relationships during recap week.

# Key Vocabulary - Y5

## Families and Friendships

Biological sex - whether you were born in a girl's or a boy's body.

Gender expression - whether you choose to present yourself to the world as a boy, as a girl or non-binary.

Non-binary - neither male nor female

Sexual orientation - whether you fall in love with boys, girls, neither or both.

## Respecting Ourselves and Others

Faith - what people believe in.

Gender - male or female

Race - groups of people who share specific physical characteristics

## Safe Relationships

Consent - saying yes or no to something

Autonomy - being free from the control or influence of others.