



Upper KS2 PSHE Scheme of Work

| | <u>Year 5</u> | <u>Year 6</u> |
|--------------------|---|---|
| <u>Autumn Term</u> | <p>Strengths, aspirations and goals</p> <p>Responsibilities at home, at school, in the community and towards the environment.</p> <p>Anti-bullying week</p> <p>Recognising and responding to feelings</p> <p>Developing positive and healthy relationships</p> <p>Anti-bullying and aggressive behaviours</p> | <p>Strengths, aspirations and goals</p> <p>Physical and emotional changes of puberty.</p> <p>Anti-bullying week</p> <p>Recognising and responding to feelings</p> <p>Recognising unhealthy relationships</p> <p>Anti-bullying and aggressive behaviours</p> |
| <u>Spring Term</u> | <p>Physical and emotional changes of puberty.</p> <p>Confidentiality and secrets</p> | <p>Conflict management</p> <p>The role of money in society and how to manage it.</p> <p>Enterprise</p> |
| <u>Summer Term</u> | <p>Health Week</p> <p>What affects physical, mental and emotional health?</p> <p>Making choices for a 'balanced lifestyle' (including food choices)</p> <p>Personal hygiene (including reducing the spread of bacteria and viruses)</p> <p>Drug education</p> | <p>Health Week</p> <p>What affects physical, mental and emotional health?</p> <p>Making choices for a 'balanced lifestyle' (including food choices)</p> <p>Personal hygiene (including reducing the spread of bacteria and viruses)</p> <p>Managing change (including transition)</p> |

Health and Wellbeing

Relationships

Living in the Wider World