

Year 5 Long Term Plan PHSE - Linked to SCARF

Purple = Inform Parents

Green = Whole School

Blue = E-Safety Scheme

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<u>Autumn A</u> <u>Me and My Relationships</u>	Describe ways of making a friendship last SCARF: Qualities of Friendship	Give examples of some key qualities of friendship SCARF: How good a friend are you?	Identify what things make a relationship unhealthy. SCARF: Relationship Cake recipe	Explain what is meant by the terms negotiation and compromise SCARF: Give and Take	Identify characteristics of passive, aggressive and assertive behaviours SCARF: Being Assertive	Recognise basic emotional needs, understand that they change according to circumstance SCARF: Our emotional needs	Show Racism the Red Card: Develop an understanding of discrimination and its injustice SCARF: Happy being me
<u>Autumn B</u> <u>Valuing Differences</u>	Understand that the information we see online, either text or images, is not always true or accurate. Is it True?	Recognise that some people can get bullied because of the way they express their gender; SCARF: Start, stop stereotypes	Anti Bullying Week: Demonstrate strategies to deal with both face-to-face and online bullying SCARF: Spot Bullying	Describe the benefits of living in a diverse society SCARF: The land of the Red People	Explain what collaboration means SCARF: Collaboration Challenge	Demonstrate respectfulness in responding to others; SCARF: Kind Conversations	
<u>Spring A</u> <u>Keeping Safe</u>	Explore and share their views about decision making when faced with a risky situation SCARF: Decision Dilemmas	Suggest ways of standing up to someone who gives a dare. SCARF: Ella's Diary Dilemma	Describe some of the health risks caused by vaping SCARF: Vaping: Healthy/unhealthy	Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks; SCARF: Would you risk it?	Child Mental Health Week & E-Safety Day Consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private	Describe why and how a habit can be hard to change SCARF: Thinking about Habits	

					SCARF: Play, like, share		
<u>Spring B</u> <u>Rights and Respect</u>	Understand the difference between a fact and an opinion SCARF: Fact or Opinion	Define the differences between responsibilities, rights and duties SCARF: Rights, respect and duties	Explain what being part of a school community means to them SCARF: My school community	Give examples of voluntary groups, the kind of work they do and its value SCARF: Mo makes a difference			
<u>Summer A</u> <u>Being my Best!</u>	Identify their own strengths and talents SCARF: Different Skills	Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life; SCARF: Star Qualities	Identify people who are responsible for helping them stay healthy and safe SCARF: Independence and responsibility	Understanding Basic First Aid SCARF: Basic First Aid	Understand what kinds of touch are acceptable or unacceptable; SCARF: Taking notice of our feelings	Explain the difference between a safe and an unsafe secret; SCARF: Dear Ash	
<u>Summer B</u> <u>Growing and Changing</u>	Understanding Puberty Lucinda and Godfrey 1	Understanding Puberty Lucinda and Godfrey 2	Understanding Puberty Lucinda and Godfrey 3	Understanding Puberty Lucinda and Godfrey 4	Use a range of words and phrases to describe the intensity of different feelings SCARF: How are they feeling?		Transition Activities
				Enterprise Week: Spending Wisely Lend us a fiver			