



Upper School Year 5/6

Year A	PSHE Scheme Unit Links	Candle Times
<p>Autumn 1 – Building our Tribe</p>	<p style="text-align: center;">Tribe Week BB5/6</p> <p style="text-align: center;">What are my responsibilities for helping others in school to feel happy and safe? How might different people feel when starting something new and how can I help?</p> <p style="text-align: center;">RR 5/6</p> <p style="text-align: center;">How can I contribute to making and changing rules in school? How else can I make a difference in school?</p> <p style="text-align: center;">WT 5/6</p> <p style="text-align: center;">What are my strengths and skills and how are they seen by others? How can I give, receive and act on sensitive and constructive feedback?</p> <p style="text-align: center;">ME 5/6</p> <p style="text-align: center;">How do I manage strong emotions? How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</p> <p style="text-align: center;">PS 5/6</p> <p style="text-align: center;">How do I recognise my own feelings and consider how my actions may affect the feelings of others? Can I use my Early Warning Signs to judge how safe I am feeling? How do I judge who is a trusted adult or trusted friend? How can I seek help or advice from someone on my personal network and when should I review my network?</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc) 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging 6. Healthy friendships – what are the characteristics of a healthy friendship? Managing conflict (conflict resolution)
<p>Autumn 2 – Anti-Bullying and Belonging</p>	<p style="text-align: center;">AB 5/6</p> <p style="text-align: center;">Can I explain the differences between friendship difficulties and bullying? Can I define the characteristics and different forms of bullying? What do all types of bullying have in common?</p> <p style="text-align: center;">DC 5/6</p> <p style="text-align: center;">What are people’s different identities, locally and in the UK? How can I show respect to those with different lifestyles, beliefs & traditions? What are the negative effects of stereotyping? Which wider communities & groups am I part of & how does this benefit me?</p> <p style="text-align: center;">First Aid – St John’s Ambulance lesson – Head injuries</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – how do trust and loyalty feature in my friendships on and offline? Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging 6. Responsive / celebration – belonging
<p>Spring 1 – Digital Lifestyle</p>	<p style="text-align: center;">Tribe Day: BB/WT</p> <p style="text-align: center;">WT5/6</p> <p style="text-align: center;">How can I be a good listener to other people?</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? (St John’s Ambulance lesson - Calling for Help)

	<p style="text-align: center;">Digital Lifestyles</p> <p style="text-align: center;">What are some examples of how I use the internet, the services it offers, and how do I make decisions?</p> <p style="text-align: center;">What are the principles for my contact and conduct online, including when I am anonymous?</p> <p style="text-align: center;">How can I critically consider my online friendships, contacts and sources of information, and make positive contributions?</p> <p style="text-align: center;">How might the media shape my ideas about various issues and how can I challenge or reject these?</p> <p style="text-align: center;">ME 5/6</p> <p style="text-align: center;">What does it mean to have a strong sense of identity and self respect?</p>	<ol style="list-style-type: none"> 3. Responsive / celebration – belonging 4. Online safety 5. Healthy friendships – how do my friends and family support each other? Managing conflict
<p>Spring 2 – Growing and Changing</p>	<p style="text-align: center;">AB5/6</p> <p style="text-align: center;">Might different groups experience bullying in different ways?</p> <p style="text-align: center;">How can people’s personal circumstances affect their experiences?</p> <p style="text-align: center;">How does prejudice sometimes lead people to bully others?</p> <p style="text-align: center;">RSE RS5</p> <p style="text-align: center;">What are male and female sexual parts called and what are their functions?</p> <p style="text-align: center;">How can I talk about bodies confidently and appropriately?</p> <p style="text-align: center;">What happens to different bodies at puberty?</p> <p style="text-align: center;">What might influence my view of my body?</p> <p style="text-align: center;">How can I keep my growing and changing body clean?</p> <p style="text-align: center;">How can I reduce the spread of viruses and bacteria?</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – what is a healthy friendship? Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration - belonging
<p>Summer 1 – Being my Best</p>	<p style="text-align: center;">Tribe Day – Financial Capability</p> <p style="text-align: center;">How can I make sure I get ‘value for money’?</p> <p style="text-align: center;">Why don’t people get all the money they earn?</p> <p style="text-align: center;">How is money used to benefit the community or the wider world?</p> <p style="text-align: center;">What is poverty?</p> <p style="text-align: center;">WT 5/6</p> <p style="text-align: center;">How can I give, receive and act on sensitive and constructive feedback?</p> <p style="text-align: center;">ME 5/6</p> <p style="text-align: center;">What can I do to boost my self-respect?</p> <p style="text-align: center;">What is loneliness and how can we manage feelings of isolation?</p> <p style="text-align: center;">How and from whom do I get support when things are difficult?</p> <p style="text-align: center;">First Aid – St John’s Ambulance lesson – Basic Life Support</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc) 3. Responsive / celebration – belonging 4. Online safety 5. Healthy friendships – Can I always balance the needs of friends and family and how do I manage this? Managing conflict
<p>Summer 2 – Healthy Me</p>	<p style="text-align: center;">MC 5/6</p> <p style="text-align: center;">What positive and negative changes might people experience?</p> <p style="text-align: center;">How can I manage the changing influences and pressures on my friendships and relationships?</p> <p style="text-align: center;">What different strategies do people use to manage feelings linked to loss and change and how can I help?</p> <p style="text-align: center;">What strategies will help me to thrive when I move to my next school?</p> <p style="text-align: center;">HL 5/6</p> <p style="text-align: center;">How does physical activity help me & what might be the risks of not engaging in it?</p> <p style="text-align: center;">What could characterise a balanced or unbalanced diet and what are the associated benefits and risks?</p> <p style="text-align: center;">What are the different aspects of a healthy lifestyle and how could I become healthier?</p> <p style="text-align: center;">What are the factors influencing me when I’m making lifestyle choices and how might these change over time?</p> <p style="text-align: center;">Fiver Challenge – Y6 only</p> <p style="text-align: center;">What different ways are there to gain money?</p> <p style="text-align: center;">What sort of things do adults need to pay for?</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – Can I communicate, empathise and compromise when resolving friendship issues? Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging

	How can I afford the things I want or need?	
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Year B	PSHE Scheme Unit Links	Candle Times
Autumn 1 – Building our Tribe	<p>Tribe Week BB5/6</p> <p>How do we help people feel welcome and valued in and out of school? What helps me to be resilient in a range of new situations?</p> <p>RR 5/6</p> <p>What are the basic rights of children and adults? How does democracy work in our community and our country? How do I take part in debate, respectfully listening to other people’s views?</p> <p>WT 5/6</p> <p>How can I persevere and help others to do so? How can I share my views effectively and negotiate with others to reach agreement?</p> <p>ME 5/6</p> <p>How do I recognise how other people feel, and respond to them? How can I judge if my own feelings are appropriate and proportionate?</p> <p>PS 5/6</p> <p>How could I report concerns of abuse or neglect? Can I identify appropriate & inappropriate or unsafe physical contact? How do I judge when it is not right to keep a secret and what action could I take? How can I recognise risks online and report concerns? What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc) 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging 6. Healthy friendships – what are the characteristics of a healthy friendship? Managing conflict (conflict resolution)
Autumn 2 – Anti- Bullying and Belonging	<p>Anti Bullying Week AB 5/6</p> <p>Can I respond assertively to bullying, online and offline? How might bullying affect people’s mental wellbeing and behaviour?</p> <p>DC 5/6</p> <p>How do other people’s perceptions, views and stereotypes influence my sense of identity? How do views of gender affect my identity, friendships, behaviour & choices? What are voluntary organisations and how do they make a difference?</p> <p>DE 5/6</p> <p>What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? How does drug use affect the way a body or brain works? How do medicines help people with different illnesses? What immunisations have I had or may I have in future and how do they keep me healthy? What is drug misuse? What are some of the laws about drugs? When and how should I check information about drugs?</p> <p>First Aid – St John’s Ambulance lesson - choking</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – how do trust and loyalty feature in my friendships on and offline? Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging 6. Responsive / celebration – belonging
Spring 1 – Digital Lifestyle	<p>Tribe Day: BB/WT</p> <p>WT 5/6</p> <p>How can I persevere and help others to do so?</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines

	<p style="text-align: center;">Digital Lifestyles</p> <p style="text-align: center;">Can I explain some ways in which information and data is shared and used online?</p> <p style="text-align: center;">How can online content impact on me positively or negatively?</p> <p style="text-align: center;">What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these?</p> <p style="text-align: center;">What are some ways of reporting concerns and why is it important to persist in asking?</p> <p style="text-align: center;">Can I identify, flag and report inappropriate content?</p> <p style="text-align: center;">ME 5/6</p> <p style="text-align: center;">How do I manage strong emotions?</p>	<ol style="list-style-type: none"> 2. Who could I talk to if I have a worry or need to ask for help? (St John's Ambulance lesson - Calling for Help) 3. Responsive / celebration – belonging 4. Online safety 5. Healthy friendships – how do my friends and family support each other? Managing conflict
<p>Spring 2 – Growing and Changing</p>	<p style="text-align: center;">AB 5/6</p> <p style="text-align: center;">How and why might peers become bullies or supporters in bullying situations?</p> <p style="text-align: center;">Can I identify ways of preventing bullying in school and the wider community?</p> <p style="text-align: center;">RSE RS6</p> <p style="text-align: center;">What are different ways babies are conceived and born? (Sex Education)</p> <p style="text-align: center;">What effect might puberty have on people's feelings and emotions?</p> <p style="text-align: center;">How can my words or actions affect how others feel, and what are my responsibilities?</p> <p style="text-align: center;">What should adults think about before they have children?</p> <p style="text-align: center;">Why might people get married or become civil partners?</p> <p style="text-align: center;">What are different families like?</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – what is a healthy friendship? Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration - belonging
<p>Summer 1 – Being my Best</p>	<p style="text-align: center;">Tribe Day: Financial Capability</p> <p style="text-align: center;">What different ways are there to gain money?</p> <p style="text-align: center;">What sort of things do adults need to pay for?</p> <p style="text-align: center;">How can I afford the things I want or need?</p> <p style="text-align: center;">WT 5/6</p> <p style="text-align: center;">How can I share my views effectively and negotiate with others to reach agreement?</p> <p style="text-align: center;">What are my strengths and skills and how are they seen by others?</p> <p style="text-align: center;">ME 5/6</p> <p style="text-align: center;">How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</p> <p style="text-align: center;">How common is mental ill-health and what self-care techniques can I use?</p> <p style="text-align: center;">First Aid – St John's Ambulance lesson – burns and scalds</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc) 3. Responsive / celebration – belonging 4. Online safety 5. Healthy friendships – Can I always balance the needs of friends and family and how do I manage this? Managing conflict
<p>Summer 2 – Healthy Me</p>	<p style="text-align: center;">MC 5/6</p> <p style="text-align: center;">How might people whose families change feel?</p> <p style="text-align: center;">When might change lead to positive outcomes for people?</p> <p style="text-align: center;">What positive and negative changes have I experienced and how have these experiences affected me?</p> <p style="text-align: center;">What strategies will help me to thrive when I move to my next school?</p> <p style="text-align: center;">HL 5/6</p> <p style="text-align: center;">What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health?</p> <p style="text-align: center;">Why are online apps and games age restricted?</p> <p style="text-align: center;">What are the factors influencing me when I'm making lifestyle choices and how might these change over time?</p> <p style="text-align: center;">Fiver Challenge – Y6 only</p> <p style="text-align: center;">How can I make sure I get 'value for money'?</p> <p style="text-align: center;">Why don't people get all the money they earn?</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – Can I communicate, empathise and compromise when resolving friendship issues? Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging

How is money used to benefit the community or the wider world?

What is poverty?