



Lockyer's Middle School PSHE Coverage

Year 5

Lesson	<u>Unit 1 - Relationships</u>	Where an RSHE statement is covered.
1	Understand the feelings and common anxieties that can be faced when starting a new school	RSHE
2	Recognise when a relationship is unhealthy.	RSHE
3	Understand how to resolve conflicts appropriately.	RSHE
4	Understand the different types of bullying.	RSHE
5	Understand the responsibility of a bystander and how to report bullying.	RSHE
	<u>Unit 2 - Law and Human Rights</u>	
1	Explain the importance of Human Rights	
2	Explain the importance of the rule of law in the UK.	
3	Identify the different identities which make up the UK.	
4	Explain how resources are allocated and the impact of these decisions.	
5	Explain my views on issues which affect society as well as myself.	
6	Research and discuss issues.	
7	Debate issues.	
	<u>Unit 3 - Health and Wellbeing.</u>	
1	Understand that images in the media can distort reality.	RSHE
2	Describe the range and intensity of their feelings to others.	RSHE
3	Manage complex or conflicting emotions.	RSHE
4	Understand that acknowledging mistakes can help people to move on.	RSHE
5	Know that habits like a lot of screen time or gambling can be hard to stop.	RSHE
6	Understanding the importance of sleep.	



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7	Understand how to make informed choices regarding my nutrition.	RSHE
8	Understand the link between hygiene, bacteria and viruses.	RSHE
9	Know about allergies and how to get help in an emergency.	
	<u>Unit 4 - Relationships and Puberty.</u>	
1	Use correct terminology to label male and female reproductive body parts.	RSHE
2	Explain what happens during the menstrual cycle.	RSHE
3	Explain what happens to boys through puberty.	RSHE
4	Explain the emotional changes which take place during puberty.	RSHE
5	Explain why certain parts of the body need to be kept clean during puberty.	RSHE
6	Describe the different types of relationships using correct terminology.	RSHE
	<u>Unit 5 - Dreams and Goals</u>	
1	Identify my strengths.	
2	Understand how to set achievable targets.	
3	Understand the concept of work ethic.	
4	Understand how to plan to develop talents.	
5 6	Understand that gender, race and social class do not determine what jobs people can do.	