

## Key Stage 2 PHSE Overview

September 2022

	Year 5	Year 6	PHSE Theme
<b>Week 1</b>	Introduction to PRAISE _Baseline assessment -What will I learn in PHSE and Personal Development this term -Do I understand what PRAISE stands for? -How does our PRAISE code link with British Values		Personal Development  British Values
<b>Week 2</b>	Positivity _What is positivity and what makes me happy? -How can I build positive relationships?	Positivity How can I turn a negative situation into a positive one?	Mental Health  Relationships
<b>Week 3</b>	Positivity -How can I think positively and make positive changes	Positivity _Who can I look up to as a positive role model?	Mental Health  Growing and Changing
<b>Week 4</b>	What does Being Safe mean to you? -Road safety -Who are my trusted adults?	How do you keep yourself safe in the community? -Who are my trusted adults	Personal Safety
<b>Week 5</b>	Do I understand what it means to be SMART online?	What should I do if I feel unsafe online?	Media and Digital Literacy
<b>Week 6</b>	How can I be an online citizen?	How can the law govern what I do online?	Personal Safety Media and digital literacy
<b>Week 7</b>	What does healthy living look like? -Diet / sleep / exercise /_getting to school	Can I make the right choices to live healthily? -Sleep / smoking / dentist -Looking after your body during puberty	Physical Health

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<b>Week 1</b>	<u>Recap of PRAISE</u> -Baseline assessment -What will I learn in PHSE and Personal Development this term -Do I understand what PRAISE stands for? -How does our PRAISE code link with British Values		Personal Development  British Values
<b>Week 2</b>	<u>Resilience</u> -What does resilience mean? -Why is resilience important, especially in Year 5?	<u>Resilience</u> -What challenges might I face this year? How do I use a Growth Mindset to overcome these challenges?	Mental Health
<b>Week 3</b>	<u>Resilience</u> -Who do I know who has shown great resilience?	<u>Resilience</u> What can Leicester City football club teach us about resilience?	Mental Health

<b>Week 4</b>	What makes a family?	Is there such thing as a normal family?	Relationships
<b>Week 5</b>	Am I a good friend?	What are healthy and unhealthy relationships? -How do I cope with friendship problems? (girls) -How do I cope with peer pressure/staying away from crime/staying safe (boys)	Relationships
<b>Week 6</b>	How can I contribute positively to my relationships with friends and family?	How can I make compromises to improve my relationships?	Relationships
<b>Week 7</b>	What are helpful and unhelpful reactions to conflict?	Can I understand respect and consent? What mediation strategies can I apply to resolve differences?	Relationships

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<b>Week 2</b>	<u>Aspiration</u> -What is an aspiration? -Why is it important to have aspirations and set goals?	<u>Aspiration</u> -What are my goals and aspirations for Year 6? -Can I set smart targets to meet short term goals?	Money and work
<b>Week 3</b>	-What are my aspirations for year 5? -What are my aspirations for GJHA?	-What is a positive role model? -What qualities do good role models have?	Growing and changing
<b>Week 4</b>	What is self esteem? How can I think positively about myself?	How can I celebrate my uniqueness?	Mental Health
<b>Week 5</b>	What is a Bully? Where can I go for help if I am being bullied?	What is racism?	Bullying and Discrimination
<b>Week 6</b>	What is a stereotype? How can stereotypes be challenged?	What is a racial stereotype?	Bullying and Discrimination

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<b>Week 2</b>	<u>Inclusion</u> What is inclusion? What does it mean to be inclusive? -How can we be inclusive in school?	<u>Inclusion</u> What is racism? How can I show respect and value to diversity?	Bullying and discrimination
<b>Week 3</b>	How can I make new friends? How can I make others feel included in my friendship group?	What is sexism? How can we work towards gender equality?	Bullying and discrimination
<b>Week 4</b>	What are rules? Why are different rules important in different situations?	What are the rights of children?	Community & Responsibility
<b>Week 5</b>	What are the consequences of not adhering to rules and the law?	What are our roles and responsibilities in our community?	Community & Responsibility

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<b>Week 2</b>	Success -What does it mean to be successful? -In what ways can we be successful in our lives?	Success - How can I embrace failure and show a positive mindset?	Money and work
<b>Week 3</b>	-How can I ensure that I meet my full potential in school?	- How can we celebrate success?	Money and Work
<b>Week 4</b>	What is social media?	How can social media be used in positive and negative ways?	Media and digital literacy
<b>Week 5</b>	How can I identify trusted and non trusted sources online?	How is information and data used online?	Media and digital literacy
<b>Week 6</b>	What is a healthy online relationship?	How can I share content safely online?	Media and digital literacy

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<b>Week 2</b>	Empathy What is empathy? How can I show empathy to others?	Empathy Can I understand and recognise different emotions?	Relationships
<b>Week 3</b>	Why could people become angry or upset? How can I understand others' feelings?	Can I show self empathy and self awareness?	Relationships  Mental Well being
<b>Week 4</b>	How will my body change in puberty?	How will my sexual organs change in puberty?	Growing and Changing
<b>Week 5</b>	Can I express how I feel about self-image?	Do I understand how being physically attracted to someone changes the nature of the relationship?	Growing and Changing
<b>Week 6</b>	Can I reflect on my first year in middle school and can I express how I feel about next year?	What emotions do I have about upcoming changes and I do I deal with them?	Growing and Changing