

CHARLES DARWIN COMMUNITY PRIMARY SCHOOL PSHCE CURRICULUM

Year 5

Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
My Happy Mind						
Unit	Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
NC Statutory Requirements	H1, H2, H3, H4, H7, H8, , H15, H16, H17, H18, H19, H20, H21, H22, H23, H24 R8	H1, H2, H3, H4, H25, H27, H28 R31	H1, H2, H3, H4, R8, R10, L4	R1, R6, R8, R10, R11, R14, R14, R17, R30, R31, R32, R33 L4	H28, H29, L25	
Lessons	<p>I know the difference between my brain and my mind.</p> <p>I can train my brain in times of stress by using Happy Breathing.</p> <p>I understand we all have different triggers that cause us to Fight, Flight or Freeze.</p> <p>I can talk about the hormones in my brain and how I can manage them, including Dopamine and Cortisol</p>	<p>I can talk about how the 24 Character Strengths are organised into 6 key virtues: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence.</p> <p>I know how I can move Character Strengths around and grow them through Neuroplasticity.</p> <p>I know when faced with a similar situation, I can remember how that strength can help.</p> <p>I know that using my strengths can help me manage my Cortisol levels</p>	<p>I know what appreciation means.</p> <p>I can talk about why it is important to tell others that we're grateful for them and how it makes others feel good when we create a Gratitude Domino Effect.</p> <p>I know that the more we think about gratitude, the stronger the Neural Pathways get and the easier it becomes.</p>	<p>I know what my Top 5 strengths are and which virtues they fall under.</p> <p>I know when I see things from different perspectives, I am using my Prefrontal Cortex and then my brain can remember this and store it in the Hippocampus.</p> <p>I can do Happy Breathing to stay calm when facing challenging situations and see other people's perspectives.</p> <p>I know that friends can help solve problems, and it is important to show gratitude towards them.</p>	<p>I understand when we engage in something and feel good, Team H-A-P love it because Dopamine is released in the brain, making it easier for us to succeed.</p> <p>I know the difference between a team and individual goal, and how it is just as important to work as a team to set goals.</p> <p>I know why the skill of perseverance is critical when working as part of a group.</p> <p>I appreciate how understanding other people's Character Strengths can also help with team goals</p>	

NO OUTSIDERS						
TEXTS	Rose Blanche By Ian McEwan and R.Innocenti	The Artist who painted a blue horse By Eric Carle	How to heal a broken wing By Bob Graham	Where the Poppies Now Grow By H.Robinson and M.Impey	And Tango make Three By J.Richardson and P.Parnell	
KPI	I can justify my actions	I appreciate artistic freedom	I can recognise when someone needs help	I can learn from our past	I can accept people who are different from me	
NC Statutory Requirements						
RSE taught Summer 2						
Lesson Objectives from Medway Public Health Directorate	1. Puberty: recap and review We are learning about the changes that happen during puberty (recap from year 4-5) 2. Puberty: change and becoming independent We are learning about managing change and becoming more independent 3. Positive and healthy relationships We are learning about positive, healthy relationships 4. How babies are made We are learning about how a baby is made					
NC Statutory Requirements	H24, H33, H35, H36 R1, R2, R5, R6, R30, R31					
Drug and Alcohol Education						
Lesson Objectives from Medway Public Health Directorate	1.Managing risk: medicines Pupils learn how the correct use of medicines, and how vaccinations and immunisations, can help to maintain health and wellbeing 2 Managing risk: legal and illegal Drugs: Pupils learn about some of the risks and effects of (legal and illegal) drug use 3 Managing risk: influences and pressure: Pupils learn about the reasons why people use drugs; managing situations and peer influence 4 Managing risk: drugs and alcohol in the media: Pupils learn that mixed messages about drugs use in the media exist and that these can influence opinions and decisions					
NC Statutory Requirements	H1, H3, H4, H10, H40, H46, H47, H48, H49, H50 R28, L1					
LIVING IN THE WIDER WORLD						
ASSEMBLIES and focus lessons	Fairtrade Fortnight Recycle week British Values European day of languages Black History Month Hello Yellow – World Mental Health	Firework Safety Anti-Bullying Week Inter-Faith week Remembrance UK Parliament week	Rail Safety Safer Internet Comic Relief	British Values World Book Day Children’s Mental Health Week International Women’s Day British Science Week Speak Out Stay Safe		World Environment day World Ocean day Sun Safety World Refugee Week

				Neurodiversity week		
Charities	Jeans for Genes Hello Yellow		Comic Relief	NSPCC		
Religious Festivals	Yom Kippur Diwali	Advent Christmas	Chinese New Year	Ramadan Holi Eid Al Fitr Easter		Eid al Adha
No Outsiders and Protected Characteristics assembly	RACE Mixed – Arree Chung Premier League Stars website videos	RELIGION Welcome to Our World: A Celebration of Children Everywhere!	GENDER My Shadow is Pink Rosa Plays Ball	DISABILITY I am Not a Label We Are All Wonders	AGE	FAMILIES/MARRIAGE Fantastic Families All Kinds of Families