



# PSHEE & Citizenship Scheme of Work

## Year 5

Spring Term 2018

(7wk / 5wk)

### Visiting Speakers

*Safer Internet Day – 6<sup>th</sup> February*

**Childnet Internet Safety Talk – TBC**

*NB One PSHEE lesson to be used once a year for each class to prepare for their class assembly*

Content (Number of lessons in brackets)	Learning Focus	Resources
<p><b>New Year's Resolutions (1)</b> Look at why different people want to make a fresh start at new year. Work with the pupils to set targets for home, school and leisure time</p>	<p>To recognise their own worth by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and <b>setting personal targets</b>. These targets should be achievable and can be short- and long-term.</p>	<p>Middle School record of achievement book</p> <p>Poster and display board in classroom.</p>
<p><b>Internet Safety (1 - 2)</b> <i>Safer Internet Day – 6<sup>th</sup> February</i> <i>Childnet Internet Safety Talk –</i></p>	<p>In ICT lessons last term Year 5 were introduced to the SMART crew and started to learn about internet safety.</p> <p>To understand how the internet works and how to stay safe online. To understand the permanence of the internet. To identify any dangerous or alarming situations whilst using the internet. To learn and surf by the Childnet SMART stay safe rules.</p> <p>In ICT lessons pupils will be studying the Childnet internet safety advice and looking specifically at digital footprints.</p>	<p>Ask the children what the <a href="#">SMART rules</a> are and why they are important. They should have a leaflet given to them after the talk, please ensure it is stuck into their prep diaries and go through it again with them.</p> <p><a href="#">Cyber safety video</a> please watch first to make sure you are happy with the content</p> <p>Please discuss what they have learnt in ICT</p> <p>Show this video about internet safety and discuss its content: <a href="#">Safe Surfing Video</a></p> <p>Go to <a href="#">The Adventures of Kara, Wiston and the SMART crew</a> for 5 short animations illustrating each SMART rules and a quiz.</p>
<p><b>Conflict Resolution (2)</b> To help pupils to understand how conflicts between people arise, how to prevent their escalation and deal with them.</p>	<ol style="list-style-type: none"> <li>1. Work through the powerpoint, using the lesson ideas and activities</li> <li>2. Role Plays: Give the children scenarios of situations that regularly occur in Year 5 to act</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Resolving Conflict Lesson</a> and associated <a href="#">Resolving conflict PPT</a></li> <li>2. Situation Cards in staffroom resources, or try these <a href="#">Win-win situations</a> worksheets which could be adapted for your class</li> </ol>

	<p>out, then freeze frame and discuss the feelings of each person and how they should behave to resolve the conflict</p>	<p>3. A rather fun <a href="#">Conflict Video</a> from YouTube with Robin Williams and the Two-Headed Monster from Sesame Street (advertises at start)</p>
<p><b>Personal Safety (1-2)</b></p>	<p>Talk about personal safety and making the right decisions, to include:</p> <ul style="list-style-type: none"> <li>• Differentiating between the terms “Risk”, “Danger” and “Hazard”</li> <li>• Recognising and predicting risks in different situations at home, school and out and about.</li> <li>• How to manage these risks properly (including road use and hazards in the local environment)</li> <li>• Recognising increased independence comes with responsibility.</li> </ul>	<p>Each of these issues should be followed up in PSHEE lessons, please use role play, freeze frame scenarios, debate and discussion to enhance the children’s learning and understanding.</p> <p>Resources: Question Cards, attached are series of cards under the following headings:</p> <ul style="list-style-type: none"> <li>• <a href="#">Manners</a></li> <li>• <a href="#">Caring and Cooperation</a></li> <li>• <a href="#">Cheating</a></li> <li>• <a href="#">Lying and Honesty</a></li> <li>• <a href="#">Respect and Responsibility</a></li> <li>• <a href="#">Safety</a></li> <li>• <a href="#">Stealing</a></li> </ul> <p>For each set of cards, print out as appropriate, and they can be used in a variety of game-like formats to enhance pupils’ thinking skills. They can be used for cooperative team and pair work, whole-class questioning and independent activities. Ideas are described: <a href="#">Information for Activity Cards</a></p>
<p><b>British Values (1-2)</b></p>	<p>To find out what the British values are and what they mean, concentrating on:</p> <ol style="list-style-type: none"> <li>1. democracy</li> <li>2. the rule of law</li> <li>3. individual liberty</li> <li>4. mutual respect</li> <li>5. tolerance of those of different faiths and beliefs</li> </ol>	<p>What are British Values? Class to create a poster of what they consider to be British Values. Discuss posters.</p> <p><a href="#">British Values PowerPoint</a></p>
<p><b>My Body and Body Changes</b></p> <p>Science lessons will cover the human life cycle, fertilisation of the human egg, menstruation and introducing labelling internal and external body parts.</p>	<p>To recap and supplement the science SOW, particularly menstruation.</p>	<p>There will be a parent/daughter puberty talk by the community nurse in the first half of the Summer Term. This will cover body changes during puberty, menstruation and using various sanitary products as well as the emotional changes. Please discuss this with your class ahead of time and encourage all girls to attend.</p>
<p><b>Study Skills (2, or ongoing as time allows)</b></p>	<p>To help them to understand how they learn and to establish and begin</p>	<p><a href="#">Helpful study skills tips</a></p>

<p>To supplement the VR/NVR weekly session during reading period.</p>	<p>to develop independent learning.</p>	<p>The link above has some helpful tips on how to get the best from revising. As revising is something that begins in Year 5 (preparation for pre-tests), these tips can be useful.</p> <p>Go through the tips and work both individually or in small groups to gather ideas for how to revise. Share best practice.</p> <p>Can the class come up with their Top 5 Revision Tips to help everyone. Maybe they could try them out one week and feedback the next?</p>
<p><b>Target Review (1)</b></p>	<p>Review Spring Term targets. What Went Well and Even Better if.</p>	<p>Record of Achievement books</p>