



PSHE & Citizenship Scheme of Work

Year 5 Autumn Term - 2018

Visiting Speakers

“Looking After Yourself” with Felicity Hill
Weds 17th October – 8.30 – 9.10am - Ark

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

Content	Learning Focus	Resources
<p>Code of Conduct & Behaviour Discuss the Code of Conduct with pupils, giving examples of good and unacceptable behaviour. Tell pupils about RMA’s “Caught being good”, but stress this behaviour is expected at all times.</p>	<p>To foster a polite and supportive ethos throughout school To establish a common understanding of expected pupil behaviour</p>	<p>Updated, new Code of Conduct on Classroom wall</p>
<p>Target Setting</p>	<p>Establish targets for Autumn term</p>	<p>Record of Achievement books. Please ensure that targets are SMART</p>
<p>Ground Rules</p>	<p>Establish ground rules for your class to create a safe environment for discussions</p>	<p>See INSET notes (On M Drive/PSHEE under admin) for ideas</p> <p>Pupils can have a say in the class ground rules. This is a good opportunity to use debating skills, voting systems and explain the term democracy</p>
<p>Physical Health “Looking After Yourself” talk (see date above) followed by:</p> <ol style="list-style-type: none"> Use the “Boardworks” slides and activities to discuss physical health – this links with their science topic this term. First aid resources from the Red Cross with lots of activities to help pupils understand first aid. Visit the Yoobot website as a 	<p>Please discuss what they learned from the talk then over the next lessons carry out the following activities:</p> <ol style="list-style-type: none"> Pupils look at calories, food groups, the importance of water, vegetarianism, exercise, obesity and basic first aid To help the pupils understand how the choices they make now will have an impact on their future 	<ol style="list-style-type: none"> For “Boardworks” follow, All programs - Boardworks – PSHE Personal Wellbeing – Physical Health: Units 1, 2 and 3. Alternately, enter Boardworks in the search box. Red Cross teachers resources with ideas, printables etc about teaching basic first aid to children. Yoobot – Look after your own avatar, create a healthy lifestyle. The pupils will need to create a logon. Book out ipads if available or you could create a class Yoobot on the whiteboard. Link :Yoobot

<p>class and create your mini person. Try different decisions to see how they affect the mini person's future. Pupils should be encouraged to continue this activity at home – they love it!</p>		<p>There are plenty of healthy living books in the library – please ask LPK</p>
<p>Social & Moral Dilemmas 1. Work through the power point discussing issues raised 2. “Cloud busting” by Malorie Blackman – using literature in PSHE</p>	<p>1. In this lesson pupils explore social and moral dilemmas. Pupils will be able to discuss options in a supportive and safe environment 2. This is a fantastic story the children will become totally immersed in. Please don't discuss its content first as it is written from a bully's point of view, but you won't discover that until the end... It raises lots of very significant and relevant discussion points and topics. Ask the pupils what they learned from the book and how it might be significant to them and their relationships – it may be easier to discuss in 3rd person...</p>	<p>1. “Dizzy Dilemmas” power point 2. I have bought a class set of Cloudbusting – please let me know when you are ready to use it, pupils can read it as a class or individually.</p>
<p>Target Review</p>	<p>Review Autumn Term targets</p>	<p>Record of Achievement books. ‘What Went Well’ and ‘Even Better If’. Targets can be carried over into the Spring Term or ‘enhanced’.</p>
<p>Christmas in sign language Class discussion on what makes their Christmas special – move on to learning sign language for Christmas words, using power points. Pupils could try to learn the signs and have a conversation in sign about their Christmas</p>	<p>To raise awareness of the importance of love and friendship at Christmas. To develop the pupils knowledge of sign language</p>	<p>“Christmas in sign language 1 & 2” powerpoint</p>