

Brough Primary School – Curriculum Intention Plan 2021 - 2022



Subject: PSHE/RSE Year Group: Year 5		Area of learning: Being My Best
Links to previous work/ Remember when	<ul style="list-style-type: none"> • Identify ways in which everyone is unique; • Appreciate their own uniqueness; • Recognise that there are times when they will make the same choices as their friends and times when they will choose differently. • Give examples of choices they make for themselves and choices others make for them; • Recognise that there are times when they will make the same choices as their friends and times when they will choose differently. • Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health; • Plan a menu which gives a healthy balance of foods from across the food groups on the Eatwell Guide. • Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs); • Suggest ways the Seven Rs recycling methods can be applied to different scenarios. • Understand how to make a clear and efficient call to emergency services if necessary. • Understand the concepts of basic first-aid, for example dealing with common injuries, including head injuries. 	
Term	Year 5	Key Skills to be taught
Summer 1 2022 What the children should know at the end of this series of lessons		<ul style="list-style-type: none"> • Know two harmful effects each of smoking/drinking alcohol. • Explain the importance of food, water and oxygen, sleep and exercise for the human body and its health. • Understand the actual norms around smoking and the reasons for common misperceptions of these. • Identify their own strengths and talents; • Identify areas that need improvement and describe strategies for achieving those improvements. • Identify people who are responsible for helping them stay healthy and safe; • Identify ways that they can help these people. • Describe 'star' qualities of celebrities as portrayed by the media; • Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life; • Describe 'star' qualities that 'ordinary' people have. • Understand how to make a clear and efficient call to emergency services if necessary. • Understand the concepts of basic first-aid, for example dealing with common injuries, including head injuries.

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Vocabulary

healthy choices, perseverance, commitment, resilience, determination, patience, interpersonal skills, independence, personal qualities, responsibility, celebrities

Sequence of learning	Objectives and suggested details provided by the subject leader.
1	<p>Getting fit</p> <ul style="list-style-type: none"> • Know two harmful effects each of smoking/drinking alcohol. • Explain the importance of food, water and oxygen, sleep and exercise for the human body and its health. • Understand the actual norms around smoking and the reasons for common misperceptions of these. <p>https://www.coramlifeeducation.org.uk/scarf/lesson-plans/getting-fit-</p>
2	<p>Different skills</p> <ul style="list-style-type: none"> • Identify their own strengths and talents; • Identify areas that need improvement and describe strategies for achieving those improvements. <p>https://www.coramlifeeducation.org.uk/scarf/lesson-plans/different-skills</p>
3	<p>Independence and Responsibility</p> <ul style="list-style-type: none"> • Identify people who are responsible for helping them stay healthy and safe; • Identify ways that they can help these people <p>.https://www.coramlifeeducation.org.uk/scarf/lesson-plans/independence-and-responsibility</p>
4	<p>Star qualities?</p> <ul style="list-style-type: none"> • Describe 'star' qualities of celebrities as portrayed by the media; • Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life; • Describe 'star' qualities that 'ordinary' people have. <p>https://www.coramlifeeducation.org.uk/scarf/lesson-plans/star-qualities-1</p>
5	<p>Basic first aid, including sepsis awareness</p> <ul style="list-style-type: none"> • Understand how to make a clear and efficient call to emergency services if necessary. • Understand concepts of basic first-aid, for example dealing with common injuries, including head injuries. <p>https://www.coramlifeeducation.org.uk/scarf/lesson-plans/basic-first-aid-4</p>

Learning Outcome/product

I can give an example of when I have had increased independence and how that has also helped me to show responsibility.

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I can name several qualities that make people attractive that have nothing to do with how they look, but about how they behave.

Assessment records	List only those children who have not achieved the expected outcomes.

Assessment records	List only those children who have exceeded the expected outcomes.

End of unit assessment question

Children can complete this activity in their books. Ask the children to have a think, and then write their ideas about the following:

1. Things I take responsibility for now.
2. Things that adults in my life take responsibility for.
3. Things I will take responsibility for in the future.
4. Things I'm looking forward to about the future - my growing independence and responsibility.