



St Joseph's Catholic Primary School

YR 5- (9-10)
PSHE Long Term Planning

Topic	What is covered
<u>Being Me In My World</u>	<ul style="list-style-type: none"> • Planning the forthcoming year • Being a citizen • Rights and responsibilities • Rewards and consequences • How behaviour affects groups • Democracy, having a voice, participating
<u>Celebrating Difference</u>	<ul style="list-style-type: none"> • Cultural differences and how they can cause conflict • Racism • Rumours and name-calling • Types of bullying • Material wealth and happiness • Enjoying and respecting other cultures
<u>Dreams and Goals</u>	<ul style="list-style-type: none"> • Future dreams • The importance of money • Jobs and careers • Dream job and how to get there • Goals in different cultures • Supporting others (charity) • Motivation
<u>Healthy Me</u>	<ul style="list-style-type: none"> • Smoking, including vaping • Alcohol • Alcohol and anti-social behaviour • Emergency aid • Body image • Relationships with food • Healthy choices • Motivation and behaviour
<u>Relationships</u>	<ul style="list-style-type: none"> • Self-recognition and self-worth • Building self-esteem • Safer online communities • Rights and responsibilities online • Online gaming and gambling • Reducing screen time • Dangers of online grooming • SMARRT internet safety rules
<u>Changing Me</u>	<ul style="list-style-type: none"> • Self- and body image • Influence of online and media on body image • Puberty for girls Puberty for boys • Growing responsibility • Coping with change • Preparing for transition