Walkwood
Church of England Middle School

Personal and Social Health Education

		Year 5 — 2 lessons per fortnight			Year 6 — 2 lessons per fortnight		
	Wk	Topic	Learning content	Assessment	Topic	Learning content	Assessment
Autumn- 15 weeks	1	**Friendships, stereotypes and bullying**	This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views. *Key Vocabulary* *Friendship, Respect, Bullying, Stereotypes Prejudice, Inclusion*		**Mental health and wellbeing**	This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school. *Key Vocabulary* *Mental health, Wellbeing, Emotional regulation, Distraction, Positive thinking, Worry, Rumination, Stress, Coping strategies, Resilience, Transition, Support network*	
	2						
	3						
	4						
	5						
	6						
	7						
	8						
	9	**Mental health and wellbeing**	This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing. *Key Vocabulary* *Mental health, Wellbeing, Emotions, Self-regulation, Thoughts, Resilience*		**Managing money and online spending**	This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending. *Key Vocabulary* *Economic wellbeing, Budget, Online spending, Saving, Targeted advertising, Influences, Persuasion, Scams, Consumer*	
	10						
	11						
	12						
	13						
	14		-				
	15	----------	----------		----------	----------	
Spring- 11 weeks	1	**Positively engaging with our world**	This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission. *Key Vocabulary* *News, Climate change, Emotions, Wellbeing Environment, Engagement*		---------- **Changes in puberty**	---------- This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns. *Key Vocabulary* *Physical changes, Emotional changes, Hormones, Body changes, Menstruation, Periods, Sleep patterns, Independence, Personal hygiene, Self-care.*	
	2						
	3						
	4						
	5	**Respecting boundaries**	This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission. *Key Vocabulary* *Boundaries, Consent, Permission, Personal space, Respect, Touch*				
	6						
	7				**Drug education: assessing risk and managing influences**	This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use. *Key Vocabulary* *Legal drugs, Illegal drugs, Medicines, Alcohol Nicotine, Consequences, Addiction, Dependence, Peer pressure. Influence, Decision-making, Harm reduction, Trusted adult*	
	8						
	9						
	10						
	11						
		----------	----------				
Summer-12 weeks	1	**Safe connections**	This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime. *Key Vocabulary* *Online safety, Risk, Cybercrime, Privacy, Scams, Reporting*		---------- **Developing our AI literacy**	---------- This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use. *Key Vocabulary* *Artificial intelligence (AI), Generative AI, Technology, Algorithm, Data, Digital literacy, Privacy Online safety*	
	2						
	3						
	4						
	5						
	6						
	7	**Embedding healthy habits and learning first aid**	This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid. *Key Vocabulary* *Healthy habits, Sun safety, Exercise, Goals, First aid, Emergencies*		**Looking to the future**	This unit explores career related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school. *Key Vocabulary* *Transition, Secondary school, Independence, Career pathways, Employment, Apprenticeship, Further education*	
	8						
	9						
	10						
	11						
	12						