

PSHE/RSHE Curriculum – 2 Year Cycle - Years 5/6



Teaching Sequence for Milestone 3							
Year Group	Cycle	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
5/6	A	Unit: Being Me in My World	Unit: Celebrating Difference	Unit: Dreams & Goals	Unit: Healthy Me	Unit: Relationships	Unit: Changing Me
	B	Unit: Being Me in My World	Unit: Celebrating Difference	Unit: Dreams & Goals	Unit: Healthy Me	Unit: Relationships	Unit: Changing Me

PSHE/RSHE Curriculum – 2 Year Cycle - Years 5/6



Years 5/6 Teaching Sequence for PSHE/RSHE (Milestone 3) CYCLE A			
	AUTUMN	SPRING	SUMMER
1	My Year Ahead (Y5)	When I grow Up (Y5)	Recognising Me (Y5)
2	Being a Citizen of my Country (Y5)	Investigate Jobs and Careers (Y5)	Safety with Online Communities (Y5)
3	Responsibilities (Y5)	My Dream Job (Y5)	Being in an Online Community (Y5)
4	The Learning Charter (Y6)	Helping to make a Difference (Y6)	Power & Control (Y6)
5	Our Learning Charter (Y6)	Helping to make a Difference (Y6)	Being Online – Real or fake? Safe or Unsafe? (Y6)
6	Owning our Learning Charter (Y6) POP Task	Recognising our Achievements (Y6) POP Task	Using Technology Responsibly (Y6) POP Task
7	Different Cultures (Y5)	Smoking (Y5)	Self & Body Image (Y5)
8	Racism (Y5)	Alcohol (Y5)	Puberty (School Nurse)
9	Rumours & Name Calling (Y5)	Emergency Aid (Y5)	Boyfriends & Girlfriends (Y5)
10	Types of Bullying (Y5)	Body Image (Y5)	Looking Ahead 1 (Y5)
11	Does Money Matter? (Y5)	My Relationship with food (Y5)	Looking Ahead 2 (Y5)
12	Celebrating Difference Across the World (Y5) POP Task	Healthy Me (Debate) (Y5) POP Task	Conception to Birth – Sex Ed (Y6 only) POP Task
** Each unit must have one piece of written work in books**			

PSHE/RSHE Curriculum – 2 Year Cycle - Years 5/6



Years 5/6 Teaching Sequence for PSHE/RSHE (Milestone 3) CYCLE B			
	AUTUMN	SPRING	SUMMER
1	My Year Ahead (Y6)	Personal Learning Goals (Y6)	What is Mental Health? (Y6)
2	Being a Global Citizen 1 (Y6)	Steps to Success (Y6)	My Mental Health (Y6)
3	Being a Global Citizen 2 (Y6)	My Dream for the World (Y6)	Love and Loss (Y6)
4	Rewards and Consequences (Y5)	Dreams & Goals of Young People in Other Cultures (Y5)	Online Gaming (Y5)
5	Our Learning Charter (Y5)	How Can We Support Each Other? (Y5)	My Relationship with Technology: Screen Time (Y5)
6	Owning our Learning Charter (Y5) POP Task	Rallying Support (Y5) POP Task	Relationships and Technoloty (Y5) POP Task
7	Am I Normal? (Y6)	Taking Responsibility for my Health & Wellbeing (Y6)	My Self Image (Y6)
8	Understanding Difference (Y6)	Drugs (Y6)	Puberty (School Nurse)
9	Power Struggles (Y6)	Exploitation (Y6)	Real Self & Ideal Self (Y6)
10	Why Bully? (Y6)	Gangs (Y6)	The Year Ahead (Y6)
11	Admiration Accolades (Y6)	Emotional & Mental Health (Y6)	Conception – Sex Ed (Y6 only)
12	Celebrating Difference (Y6) POP Task	Managing Stress & Pressure (Y6) POP Task	Conception to Birth – Sex Ed (Y6 only) POP Task
** Each unit must have at least one piece of written work in books**			