

Finally we will be looking at being responsible. This will include what to do with our worries and concerns, as well as being able to talk about all sorts of different emotions. We will think about what makes a 'good' relationship and how people have different view-points (friends, parents or carers).

All of the above areas will be taught through careful discussions and activities, where the children's self-esteem goes hand in hand with accurate information as well as where/ when they can go to get more information at their level. Our aim is to ensure the children grow up to be able to be proud, confident, happy children who know it is ok to ask for help and advice.



## St George's PSHE curriculum 2016



During this term we are going to be learning about how we can be healthy, how we can make (and keep) friends, how we grow up and change as well as how we can keep ourselves safe.

At St George's Primary School, we aim to teach the children about themselves, their surroundings, who they can turn to for advice and how to make good choices. Below are some examples of the areas we will be covering. If you have any questions, please feel free to come and talk to the class teachers who will be able to discuss the lessons in more detail.

## Year 5

We will be talking and developing our knowledge of drugs, understanding how this is a term that includes medicinal and prescription drugs, in addition to knowing that certain drugs can be grouped as either 'legal' or 'illegal'. We will investigate the law and how it relates to alcohol and tobacco. We will recognise that tobacco and alcohol can be classed as a drug and that their use can have health implications.

We will encourage the children to take more decisions about their own health and futures. We will set goals for our futures, thinking about life styles and aiming to keep our bodies healthy, as well as recognising the need for sleep and relaxation.

The children will discuss their wants and needs within their futures, e.g.: holidays, houses, families and careers.

We will use TV and media articles when considering the diversity of lifestyles, thinking about different family situations, changing partners, step parents and same sex partners. We will ensure definitions such as lesbian, gay, bisexual and transsexual are understood and used without prejudice.

Through role play, we will look at how to keep safe. Thinking about how we could and should act when we meet new people, meeting a friend in town or at a disco. We will draw up a list of safety tips and practise assertive techniques, saying 'no'.

Finally, we will also be recognising the different emotions that we feel, thinking about how our emotions can change quickly. Through circle time, we will be encouraging the children to build their self-confidence and recognise their own worth, being able to identify positive things about themselves and others.



