

Year 5 PSHE Learning Journey

Autumn:
Living in
the wider
world



Lesson 1: Why
is protecting
the
environment
essential?

Lesson 2: How
are resources
allocated for
the
environment?



Media
Literacy
and Digital
Resilience

Lesson 1: What
are the
different types
of media and
what are their
purposes?

Lesson 2: How
can I tell if
online content is
based on facts,
opinions or bias?



Belonging
to a
community



Lesson 3: Why
is diversity and
inclusion
essential in the
workplace?

Lesson 2:
What
influences
a person's
career
choice?

Money and
Work

Lesson 1:
What career
do I aspire to
have in the
future?



Lesson 4:
How do
stereotypes
impact the
workplace?

Lesson 5:
How do I
achieve my
dream
career?



Lesson 5: How
do devices
store and
share
information?

Lesson 4:
How do I
know what
I can trust
online?



Keeping
safe

Lesson 4:
How do
vaccines
and
medicines
help us?



Lesson 6: How do
hygiene
routines
reduce
illness?



Lesson 1:
How do I
manage
risk?



Lesson 2:
What do I
do in an
emergency
?



Lesson 3:
First aid-
how do I
treat head
injuries?



Lesson 2: How
do I challenge
discrimination?



Lesson 1:
What is
discrimination?

Respecting
ourselves
and others

Lesson 2:
When
should we
share
secrets?



Lesson 1:
What is
consent
and
physical
touch?

CONSENT



Safe
relationships

Lesson 2:
How do I
manage
friendship
problems?

Lesson 1:
How do I
manage
unhealthy
friendships?



Families
and
friendships

Lesson 3:
How can I
boost my
mental
wellbeing?

Lesson 2:
What are
the 5 ways
to
wellbeing?

Lesson 1:
What is
my
personal
identity?



Growing
and
changing

Lesson 4: First aid-
how do I
treat burns,
bites and
bleeds?



Lesson 3:
How can I
boost my
mental
wellbeing?

Physical
health and
Mental
Wellbeing

St John
Ambulance



Lesson 3:
How do I
help
someone
having an
allergic
reaction?

Lesson 2:
What are
the benefits
and risks of
sun
exposure?



Lesson 1:
What does a
healthy sleep
routine look
like?



Spring:
Health
and
Wellbeing