

## What is covered in Year 5?

### Y5 Families and relationships

Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.



### Y5 Citizenship

An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community



### Y5 Health and wellbeing

Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation



### \*New\* Y5 Economic wellbeing

Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.



### Y5 Safety and the changing body

Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.



## PERSONAL, SOCIAL & HEALTH EDUCATION (PSHE) - YEAR 5 PARENT INFORMATION



Anagh Coar Primary School

2024



## What is PSHE?

Our Kapow PSHE lessons aim to give the children the knowledge, skills and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and in the future around healthy, safety, wellbeing, relationships and financial matters and will support them in becoming confident individuals and active members of society.

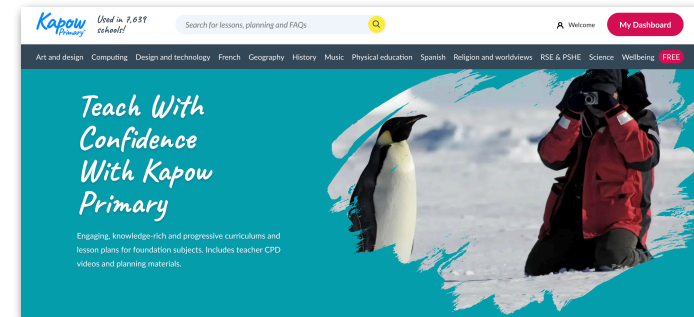


## Why have we chosen Kapow?

We have chosen Kapow to deliver our PSHE lessons as we feel it is an engaging programme with coverage of all the key issues we feel our children need to learn about. The scheme uses a range of teaching and learning activities which are based on good practice in teaching PSHE education to ensure that all children can access learning and make progress. In each year group, an introductory lesson provides the opportunity for children and teachers to negotiate ground rules for the lessons. These introductory lessons can then be referred to throughout the year to help create a safe environment. As with all our subjects at Anagh Coar, all lessons within PSHE include ideas for differentiation to stretch the most able learners and give additional support to those who need it. In many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in.

There are meaningful opportunities for cross-curricular learning, in particular with computing for online safety and science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

As the children progress through their years at Anagh Coar, they can utilise their PSHE learning within their daily lives, from dealing with friendship issues, to resilience, to making healthy choices and knowing where and how to get help when needed. The overall aim is for children to be able to make informed choices and decisions.



You can find out more about this scheme on their website - although this is mainly geared towards education staff to use to help them to understand and deliver what needs to be taught.

<https://www.kapowprimary.com>