Year 5 PSHE Medium Term Plan - Autumn

Themes:
Friendships, stereotypes and bullying
Mental Health and Wellbeing

Core Substantive Knowledge	Key Vocabulary	Key Questions
Friendships, stereotypes and bullying Children learn: • How to build and maintain positive, respectful friendships. • How to recognise the qualities of a healthy friendship. • The impact bullying can have on individuals and communities. • How to respond appropriately if they experience or witness bullying. • How stereotypes can affect people and influence behaviour.	friendship, respect, inclusion, stereotype, bullying, prejudice, equality, diversity, identity, community, kindness, discrimination	• What makes a healthy friendship? • What is a stereotype? • How can stereotypes affect people? • What should I do if I witness bullying? • How can I help others feel included?
Mental Health and Wellbeing Children learn: • How to identify and describe a wide range of emotions. • How thoughts, feelings and behaviours can influence one another. • Strategies to manage worries and maintain emotional wellbeing. • How to recognise unhelpful thinking patterns and develop positive thinking habits. • How self-regulation strategies can help manage difficult emotions and situations. • How and where to seek support when needed.	emotion, wellbeing, self-regulation, resilience, worry, confidence, support, coping strategies, thoughts, feelings, mindset	• How can I recognise and manage my emotions? • How do my thoughts affect my feelings? • What can I do when I feel worried? • What strategies can support my wellbeing? • Who can I talk to if I need help?