



Rotherham Aspire (Rawmarsh) Medium Term Plan PSHE

Upper Primary

Autumn – Relationships

Year 5

Year 6

Topic/ essential skills	In this unit of work, students learn...	Quality Assured resources to support planning
<p>Families and friendships</p> <p>Managing friendships and peer influence</p> <p>Safe relationships</p> <p>Recognising and managing pressure; consent in different situations</p>	<ul style="list-style-type: none"> • What makes a healthy friendship and how they make people feel included • Strategies to help someone feel included • Peer influence and how it can make people feel or behave • The impact of the need for peer approval in different situations, including online • Strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication • Strategies to positively resolve disputes and reconcile differences in friendships • How to recognise if a friendship is making them feel unsafe, worried, or uncomfortable • To compare the features of a healthy and unhealthy friendship • Strategies to respond to pressure from friends including online • How to assess the risk of different online ‘challenges’ and ‘dares’ • How to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable • How to get advice and report concerns about personal safety, including online • Understand what consent means and how to seek and give/not give permission in different situations 	<p>Premier league Primary stars PSHE inclusion</p> <p>NSPCC Share Aware</p>
<p>Safe relationships</p> <p>Physical contact and feeling safe</p> <p>Families and friendships</p> <p>Attraction to others; romantic relationships; civil partnership and marriage</p>	<ul style="list-style-type: none"> • To identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations • How to ask for, give and not give permission for physical contact • That it is never someone’s fault if they have experienced unacceptable contact • How to respond to unwanted or unacceptable physical contact • That no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about • Whom to tell if they are concerned about unwanted physical contact • What it means to be attracted to someone and different kinds of loving relationships • That people who love each other can be of any gender, ethnicity or faith • The difference between gender identity and sexual orientation and everyone’s right to be loved • About the qualities of healthy relationships that help individuals flourish • Ways in which couples show their love and commitment to one another, including those who are not married or who live apart 	

	<ul style="list-style-type: none"> • What marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults • That people have the right to choose whom they marry or whether to get married • That to force anyone into marriage is illegal <p>How and where to report forced marriage or ask for help if they are worried</p>	
<p>Respecting Ourselves and others</p> <p>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p> <p>Respecting ourselves and others</p> <p>Expressing opinions and respecting other points of view, including discussing topical issues</p>	<ul style="list-style-type: none"> • To recognise that everyone should be treated equally • Why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own? • What discrimination means and different types of discrimination e.g. racism, sexism, homophobia • To identify online bullying and discrimination of groups or individuals e.g. trolling and harassment • The impact of discrimination on individuals, groups and wider society • Ways to safely challenge discrimination • How to report discrimination online • About the link between values and behaviour and how to be a positive role model • How to discuss issues respectfully • How to listen to and respect other points of view • How to constructively challenge points of view they disagree with • Ways to participate effectively in discussions online and manage conflict or disagreements 	