

Year 5 PSHE Unit Plan

Name of unit: Families and Relationships	
Expected Outcomes (PSHE Learning Intentions) Pupils who are secure will be able to: Describe what qualities a good friend should have and recognise which of these they have and which they could develop. Recognise that friendships have ups and downs and this is normal. Understand what marriage is and know that it is a choice people make. Understand that we all have a range of attributes that make us who we are and we should be proud of these. Understand that sometimes families can make children feel unhappy or unsafe. Understand why someone might bully others. Understand that attitudes and laws around gender equality have changed over time. Understand that stereotypes exist and these can lead to discrimination.	
Developmental Focus Opportunities (Social and Emotional Skills Learning Intentions) Emotional Literacy & Self-Awareness- Recognise and name a range of emotions in themselves and others. Understand how emotions influence behaviour and decision-making. Develop self-respect and confidence by identifying personal strengths and positive attributes. Explore how stereotypes can affect self-image and relationships. Relationship Skills & Empathy- Form and maintain positive friendships through kindness, trust, and loyalty Resolve conflicts respectfully using listening and compromise Understand that families come in many forms and all deserve respect Recognise when relationships feel unsafe or unhappy and know how to seek help Communication & Boundaries Practise active listening and respectful dialogue Understand the importance of consent and personal boundaries Explore how to express feelings constructively in relationships Recognise the impact of bullying and discrimination and how to challenge it.	
Key Learning Points	Powerful Knowledge
Identifying ways families might make children feel unhappy or unsafe. Exploring the impact that bullying might have. Exploring issues that might be encountered in friendships and how these might impact the friendship.	To know that marriage is a legal commitment and a choice people can make. To know that, if I have a problem, I can call ChildLine on 0800 1111. To know what attributes and skills make a good friend. To understand what might lead to someone bullying others. To know what action a bystander can take when they see bullying.

Year 5 PSHE Unit Plan

Exploring and questioning the assumptions we make about people based on how they look. Exploring our positive attributes and being proud of these (self-respect).	To understand that positive attributes are the good qualities that someone has. To know that stereotypes can be unfair, negative and destructive. To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.
Subject-Specific Vocabulary	Reading Opportunities
bullying bystander cyberbullying marriage secret Wedding	First News & Family Action KS2 PSHE Pack Includes: A history-based reading lesson on Victorian family life Three PSHE lessons with reading and discussion on family pressures, diversity, and emotional wellbeing Teacher guidance for sensitive topics Download the Family Action Schools' Pack Mile Oak School's Year 5 RSE Lesson Plans Features inclusive reading tasks and vocabulary development around: Gender identity and family structures Emotional changes and respectful relationships Scientific language for body parts and safeguarding View the full lesson plans Heathfield School's Knowledge Organiser Offers key vocabulary and reading prompts on: Empathy, loyalty, and communication Stereotypes and discrimination Self-respect and positive attributes.
Possible Misconceptions	Cross-Curricular Links
All families look the same - families come in many forms—single-parent, LGBTQ+, adoptive, extended, etc. Marriage is only between a man and a woman - marriage is a choice and can be between any two consenting adults. Only girls show emotions or cry - all genders experience and express emotions—it's healthy and normal. Bullying is just teasing and isn't serious - bullying is repeated, harmful behaviour that can deeply affect wellbeing.	English Pupils should be taught to plan their writing by identifying the audience for and purpose of the writing, selecting the appropriate form and using other similar writing as models for their own noting and developing initial ideas, drawing on reading and research where necessary understand what they read [...] by: drawing inferences such as inferring characters' feelings, thoughts and motives from their actions, and justifying inferences with evidence

Year 5 PSHE Unit Plan

Stereotypes are always true - stereotypes are often unfair and can lead to discrimination.
You should keep problems in your family private - it's okay to talk to trusted adults if something feels unsafe or upsetting.

ask relevant questions to extend their understanding and knowledge'.
See National curriculum - English key stages 1 to 2.

History
The national curriculum for history aims to ensure that all pupils to know and understand the history of these islands as a coherent, chronological narrative, from the earliest times to the present day: how people's lives have shaped this nation and how Britain has influenced and been influenced by the wider world.
See National curriculum - History key stages 1 to 2.

Art and design
Pupils should be taught to develop their techniques, including their control and their use of materials, with creativity, experimentation and an increasing awareness of different kinds of art, craft and design.
See National curriculum - Art and design key stages 1 to 2.

Computing
Pupils should be taught to use search technologies effectively, appreciate how results are selected and ranked, and be discerning in evaluating digital content.
See National curriculum - Computing key stages 1 to 2.

British values: Rule of law, Mutual respect, Individual liberty, Tolerance of those with different faiths and beliefs.