SCHEME OF WORK OVERVIEW

Scaffolded & editable PSHE Association mapped SOW

RSE & PSHE COMPLETE YEAR 5



SCHEME OF WORK OVERVIEW

Complete Year 5 PSHE + RSE

Our Complete PSHE Package for Year 5 is designed to meet the DfE Statutory Guidance and aligns with the PSHE Association's recommended thematic model, covering Health and Wellbeing, Relationships Education, and Living in the Wider World.

This fully editable scheme follows an adaptive teaching approach, ensuring all learners are appropriately supported and challenged. Lessons are scaffolded, engaging, and creatively designed, making them not only accessible but also enjoyable to teach and learn.

Rooted in a spiral curriculum, the programme builds progressively on key knowledge, skills, and vocabulary year on year, ensuring deep understanding and long-term retention. Each lesson includes retrieval practice to activate prior learning, enabling students to make meaningful links and consolidate their understanding as they move forward.

British values are embedded throughout and are referenced explicitly in lesson content and planning wherever relevant. Teachers will also benefit from detailed knowledge organisers, pre- and post-unit assessments, and comprehensive schemes of work mapped to each half term, providing clear learning journeys and measurable outcomes.

To support curriculum leadership and accountability, the package includes a statutory content audit and coverage tracker mapped against both DfE expectations and PSHE Association guidance, making it easy to demonstrate compliance and comprehensive coverage.

Our resources are developed by experienced professionals who have created PSHE content for The Bank of England, The Children's Commissioner, the Criminal Cases Review Commission (UK Government), and numerous leading UK charities. When you choose this package, you can be confident you're investing in high-quality, evidence-informed PSHE provision that's ready to deliver in the classroom or easily adapted to suit your context.

SCHEME OF WORK OVERVIEW

Suggested Lesson Order - autumn

All of our schemes of work follow the PSHE Association's recommended thematic model for Health and Wellbeing, Relationships Education, and Living in the Wider World. Lessons are sequenced within a spiral curriculum, ensuring progression in key skills, vocabulary, and knowledge across each unit and year group. Each topic is part of a coherent sequence, with lessons beginning with retrieval activities to reinforce prior learning before introducing new content. While a suggested order is provided, all resources are fully editable, allowing schools to adapt the sequence or tailor materials to suit their context.

Autumn 1 - Living in the Wider World 1

1) Asking for Help
2) What Is Social Media?
3) Fake News
4) Fake Images (Photoshop and Deepfake Videos)
5) Digital Footprints
6) Bonfire Night

Optional assessment

Autumn 2 - Health and Wellbeing 1

1) Healthy Habits
2) Being Healthy - Diet
3) Being Healthy - Exercise
4) Physical Health
5) Germs, Bacteria and Viruses
6) What Is Mental Health?

Optional assessment

SCHEME OF WORK OVERVIEW

Suggested Lesson Order – Spring

All of our schemes of work follow the PSHE Association's recommended thematic model for Health and Wellbeing, Relationships Education, and Living in the Wider World. Lessons are sequenced within a spiral curriculum, ensuring progression in key skills, vocabulary, and knowledge across each unit and year group. Each topic is part of a coherent sequence, with lessons beginning with retrieval activities to reinforce prior learning before introducing new content. While a suggested order is provided, all resources are fully editable, allowing schools to adapt the sequence or tailor materials to suit their context.

Spring 1 – Relationships Education 1

1) Behaviour and Respect
2) Friendships
3) Feeling Left Out
4) Peer Pressure
5) Dares and Challenges
6) Bullying and Hurtful Behaviour
7) Optional assessment

Spring 2 – Living in the Wider World 2

1) Courtesy and Manners
2) Success and Achievement
3) Independence and Responsibility
4) Careers and Stereotypes
5) The Environment - Part 1
6) The Environment - Part 2 **(Optional)**

Optional assessment

SCHEME OF WORK OVERVIEW

Suggested Lesson Order – summer

All of our schemes of work follow the PSHE Association's recommended thematic model for Health and Wellbeing, Relationships Education, and Living in the Wider World. Lessons are sequenced within a spiral curriculum, ensuring progression in key skills, vocabulary, and knowledge across each unit and year group. Each topic is part of a coherent sequence, with lessons beginning with retrieval activities to reinforce prior learning before introducing new content. While a suggested order is provided, all resources are fully editable, allowing schools to adapt the sequence or tailor materials to suit their context.

Summer 1 – Health and Wellbeing 2

1) Understanding Emotions
2) Feelings and Emotions
3) Self-Esteem
4) Body Image
5) Boys' Puberty
6) Girls' Puberty

Optional assessment

Summer 2 – Relationships Education 2

1) Positive Relationships
2) Loving Stable Families
3) Love and Abuse
4) FGM **(Optional – Non-Statutory Lesson)**
5) Online Behaviour and Risk
6) Stranger Safety

Optional assessment

Teacher note: While there is no statutory requirement to teach about FGM (Female Genital Mutilation), schools may choose to include this content where it is relevant – particularly in communities where pupils may be at risk. In such cases, parents do not have the right to withdraw their child, as the lesson would form part of the school's safeguarding responsibilities.



Complete Primary PSHE Package

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