

**YEAR 5 AUTUMN TERM 2023-2024**  
**TEACHERS: MRS NAVEED AHMED / MR SHAHRAYZ NAZIM**

**PSHE OVERVIEW**

**What will we be covering this term?**

**1st Half Term: Think Positive**

- The cognitive triangle - understanding the link between thoughts and feelings
- Understanding the concept and impact of positive thinking
- Facing your feelings - recognising and managing uncomfortable feelings
- Understanding the importance of making good choices
- Using mindfulness techniques in everyday life
- Applying a growth mindset to everyday life

**2nd Half Term: Diverse Britain**

- Identities - discuss the range of faiths and ethnicities in our nation and identify ways of showing respect
- Communities - what is a community and what it means to belong to one
- Respecting the Law
- Local Government - discussing terms such as democracy and human rights
- National Government
- Making a Difference - investigating what charities and voluntary groups do and how they support communities

**How will my child be assessed this term?**

Students may be given occasional homework to complete. There will be a formative assessment at the end of the term. Children's classwork and homework will be checked to assess the progression of each child.

**How can I help my child with this subject?**

Have general discussions at home to help reinforce concepts being learnt in class.  
 How can you help your local community?  
 What can you do to raise money for a local charity?

**Teacher's Marking Key:**

✓ = means what you have done well.

**NS** = Next Steps - is something you need to work on.

**TD**= Teacher has talked to you about your work

**SM** = Self marking

**PM** = Partner marking