

Date	Lesson number	Learning outcomes
w/c 5 <sup>th</sup> September 2022 1 X PATHS lesson	1	Can I contribute to a set of rules?
w/c 12 <sup>th</sup> September 2022 1 X PATHS lesson	3	Can I understand my role in a group? Can I understand the responsibilities of different group roles?
w/c 19 <sup>th</sup> September 2022 1 X PATHS lesson	4	Can I use the 'Golden Rule' to solve problems?
w/c 26 <sup>th</sup> September 2022 1 X PATHS lesson	6	Can I recognise anger in myself and others? Can I understand internal and external cues? Can I understand different ways to calm down?
w/c 3 <sup>rd</sup> October 2022 1 X RSHE lesson	( <a href="http://dundeecarerscentre.org.uk/">http://dundeecarerscentre.org.uk/</a> ) Film: Daniel - A day in the life of a young carer.	Can I identify different ways families express care for each other? Can I recognise some children and young people may be young carers at some points in their lives? Can I understand that care is at the heart of a happy family?
w/c 10 <sup>th</sup> October 2022 1 X RSHE lesson	RSHE solution pack, Year 5, Lesson 4	Can I identify the relationships that I am in? Can I identify healthy and unhealthy friendships, including how these make me feel? Can I recognise the skills to respond to an unhealthy relationship?

w/c 17 <sup>th</sup> October 2022 1 X	Health and Safety week	NSPCC PANTS lesson (depending on time set) <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/</a>
w/c 31 <sup>st</sup> October 2022 1 X PATHs lesson	10	Can I define peer pressure? Can I understand the power of friendships?
w/c 7 <sup>th</sup> November 2022 1 X PATHs lesson	11	Can I identify problems? Can I identify feelings? Can I create goals? Can I generate solutions to problems?
w/c 14 <sup>th</sup> November 2022 1 X RSHE lesson	RSHE solution pack, Year 5, Lesson 3	Can I understand the words to describe some types of identity? Can I understand that using these words to be unkind is bullying and that this is unacceptable? Can I consider ways to respond to these types of bullying?
w/c 21 <sup>st</sup> November 2022 1 X PATHs lesson	12	Can I explain what a consequence is? Can I think about consequences?
w/c 28 <sup>th</sup> November 2022 1 X RSHE lesson	RSHE solution pack, Year 5, lesson 5	Can I identify the types of personal information that is shared online? Can I understand how quickly personal information and photographs can be shared online? Can I understand that I have a responsibility not to share my own or other people's photographs online?

w/c 5 <sup>th</sup> December 2022 1 X PATHs lesson	13	Can I discuss the 8 steps to problem solving? Can I plan a good solution to a problem?
w/c 12 <sup>th</sup> December 2022 1 X PATHs lesson	14	Can I discuss the 9 steps to problem solving? Can I evaluate my problem solving strategies?
w/c 9 <sup>th</sup> January 2023 1 X RSHE lesson	RSHE solution pack, Year 5, lesson 6	Can I understand that the internet has content I may find upsetting? Can I understand people can be upset by different things? Can I feel confident to talk to a trusted adult about things I see online that upset me?
w/c 16 <sup>th</sup> January 2023 1 X RSHE lesson	RSHE solution pack, Year 5, lesson 2	Can I understand how the body can be affected by puberty? Can I consider how these body changes might make people feel about themselves?
w/c 23 <sup>rd</sup> January 2023 1 X PATHs lesson	15	Can I identify obstacles? Can I understand why good solutions sometimes fail? Can I discuss the concept of obstacles? Can I understand potential obstacles when planning? Can I discuss step 11 of the problem solving chart?

w/c 30 <sup>th</sup> January 2023 1 X RSHE lesson	RSHE solution pack, Year 5, Lesson 1	Can I understand how puberty may affect my emotions? Can I consider how my changing emotions may affect me? Can I understand how to respond to overwhelming emotions?
w/c 6 <sup>th</sup> February 2023 1 X PATHs lesson	21	Can I understand how to make new friends? Can I use open ended questions? Can I discuss obstacles in friendship formation?
w/c 20 <sup>th</sup> February 2023 1 X PATHs lesson	22	Can I understand how to initiate a conversation with friends? Can I practice skills to enter a group conversation?
w/c 27 <sup>th</sup> February 2023 1 X RSHE lesson		Fact sheet: Daily Mile. <a href="http://www.thedailymile.co.uk/">www.thedailymile.co.uk/</a>
w/c 6 <sup>th</sup> March 2023 1 X RSHE lesson	Mentor, lesson 4	Can I understand the definition of a drug? Can I discuss attitudes towards alcohol, including how it is portrayed in society and the media?
w/c 13 <sup>th</sup> March 2023 1 X PATHs lesson	26	Can I explore goals in teasing situations? Can I practice using different responses to being teased?
w/c 20 <sup>th</sup> March 2023 1 X RSHE lesson	Sleep factor (PSHE association)	Can I explain why sleep is important for a healthy lifestyle? Can I describe bedtime routines that help improve sleep? Can I identify how sleep patterns and needs might change during puberty?

w/c 27 <sup>th</sup> March 2023 1 X PATHs lesson	27	Can I discuss how positive and negative self-talk impacts feelings and behaviours?
w/c 24 <sup>th</sup> April 2023 1 X PATHs lesson	28	Can I discuss situations that are out of my control? Can I cope with my feelings when faced with difficult situations?
w/c 1 <sup>st</sup> May 2023 1 X PATHs lesson	29	Can I discuss situations when people will forgive others? Can I understand the feelings of bitterness, revenge, resentful, forgiving and forgiveness?
w/c 8 <sup>th</sup> May 2023 1 X PATHs lesson	30	Can I identify gossip? Can I discuss how to respond to gossip? Can I discuss different feelings that motivate gossip?
w/c 15 <sup>th</sup> May 2023 1 X PATHs lesson	31	Can I discuss the concepts of rejected, excluded and inferior? Can I think about future plans? Can I understand what discrimination is?
w/c 22 <sup>nd</sup> May 2023 1 X PATHs lesson	32	Can I discuss stereotypes and discrimination? Can I understand what my own stereotypes might be?
w/c 5 <sup>th</sup> June 2023 1 X PATHs lesson	35	Can I understand that authority figures have their limitations? Can I understand authority figures are acting fairly?
w/c 12 <sup>th</sup> June 2023 1 X PATHs lesson	37	Can I understand information about the Titanic? Can I understand how to honour people and important events?
w/c 19 <sup>th</sup> June 2023	3 x spare weeks (time used for transition, catch up, sports days etc)	
w/c 26 <sup>th</sup> June 2023		

w/c 3 <sup>rd</sup> July 2023		
w/c 10 <sup>th</sup> July 2023 1 X PATHs lesson	40	Can I think about significant memories? Can I share what is important to me with others? Can I review PATHs lessons?
1 x RSHE lesson (can be moved if you do first aid at another time)	British Red Cross	Can I recognise when to get adult help? Can I understand how to call 999 and what to say to the operator?
w/c 17 <sup>th</sup> July 2023		Spare week