Jerry Clay Academy
Unit Overview

Subject: PHSE Year Group: 5 Term: Autumn 1

Core Learning of This Unit: Self-Awareness, Families, Friends and Healthy Eating

- Know that we are all unique and different human BEINGS, and we must like who we are growing up to be
- Know that we must make friends with our minds and know the difference between helpful and unhelpful thoughts
- Know that we are not our thoughts and feelings and we need to learn to manage them well
- Know that we all have an inner cheerleader and inner critic
- Know that families are different, but are all built on love, care and protection
- Friendships help us to feel happy and secure
- Know that being truthful, kind and welcoming is very important
- Know that eating healthy food is important for your overall wellbeing
- Begin to know which foods should be limited, and which foods feed our minds and bodies well.

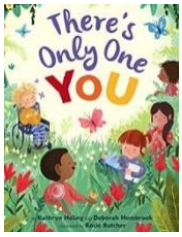
RSHE 2026 DfE Guidance:

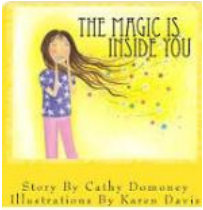
That mental wellbeing is a normal part of daily life, in the same way as physical health. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests. Families help children feel safe, happy and secure through love, care, stability and spending time together. Families may look different, but all deserve respect. Children should recognise healthy relationships, understand others' needs and preferences, and know how to seek help if relationships make them feel unhappy or unsafe.

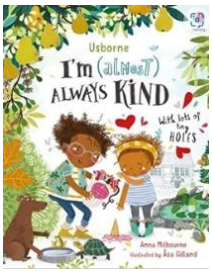
Friendships help us feel happy and secure. Healthy friendships are kind, caring, respectful and inclusive. Children should learn how to build positive friendships, understand that loneliness is normal, and recognise the importance of honesty, trust, loyalty, kindness, shared interests and supporting each other.

A healthy diet includes balanced nutrition and an understanding of calories and nutrients. Children should understand the importance of a healthy relationship with food, the risks of poor eating habits, including obesity and tooth decay, and how behaviours such as alcohol consumption can affect health.

Reading Spine:







Key Vocabulary:

Self-awareness: is to 'know myself to grow myself'
Self-identity: includes my body, mind, soul and spirit
Spirituality: is seeking a deeper connection with something bigger than myself where I experience feelings of awe, love, peace and fulfilment.
Self-esteem: is how much I like myself
Self-Control: is stopping and catching myself to make sure I do what is good and what is right
Social Fitness: is how we show up with other people
Love: is thinking about others more than yourself
Kindness: is thinking about people's feeling and making them feel good
Goodness: is doing what is good and what is right
Families: provide love, security and stability.
Friendships: can lead to happiness and security.
A caring friend: should make you feel good
Moral Compass: is knowing the difference between right and wrong
Health: is physical, mental and social wellbeing and not just the absence of disease.
Nutrition: is a balanced and nutrient dense diet providing energy, development and activity.