

PHSE Curriculum Plan (3 weeks) & RSE Curriculum Plan (3 weeks)

Spring 1 2025

Year 5



Spring 1 2025	PHSE – Healthy Lifestyles – Vaccines	Session length
6/1/25- What makes us ill?	<p>Learning Objective: Understand that vaccines help to prevent a range of infections, including the flu.</p> <p>Learning Outcomes: Describe how being vaccinated can help us to stay well. Understand that there are not vaccinations for all infections and illnesses. Explain that vaccines are dead or weakened microbes.</p> <p><i>LESSON</i> <i>*Hidden slide*</i> <i>This lesson raises the sensitive issue of death and dying, which can be very difficult for some students to talk about. Pupils in the group may have personal or family experience of Covid or family deaths as a result of Covid. Prior consideration must be given to the emotional needs of all students in the group.</i></p> <p>Setting the Scene What makes us ill? <i>Ask the pupils to discuss in groups the questions on the slide. Take feedback and share ideas as a class. Explain what microbes are using slide 6.</i></p> <p>Discuss steps we can take to prevent us getting ill using slide 7. <i>Chn to write a list of steps we can take to prevent us getting ill- eg- hand washing, eating well, keeping clean etc</i></p>	30 minutes
13/1/25- What is a vaccine?	<p>Learning Objective: Understand that vaccines help to prevent a range of infections, including the flu.</p> <p>Learning Outcomes: Describe how being vaccinated can help us to stay well. Understand that there are not vaccinations for all infections and illnesses. Explain that vaccines are dead or weakened microbes.</p>	30 minutes

	<p>What is a vaccine? Use slide 8 to explain what a vaccine is.</p> <p>How do vaccines work? Describe how when our bodies become infected with an illness, our immune system gets to work to try and get rid of the infection. Vaccines make use of this. When a vaccine enters our body, our immune system attacks it and our white blood cells make something called antibodies. Because the vaccine contains only a weak or inactive form of the microbe, the white blood cells are able to attack it and get rid of it so it doesn't make you ill. The next time your body comes into contact with the same microbe that was in the vaccine, your immune system remembers it and has antibodies ready to attack again. In this way, vaccines can protect us from harmful illnesses. Vaccines provide us with immunity against certain illnesses.</p> <p>Sometimes we might need a booster vaccine to keep our antibody levels up. Some vaccines need to be updated every year, like the flu vaccine. This is because the flu virus is able to adapt and change and so a new version of the vaccine is regularly needed and people need a flu vaccine every year. There are some illnesses that we haven't yet got a vaccine for and scientists are working extremely hard to try and develop one.</p> <p>Task 1 – Order, order! Ask the pupils to cut out and stick the information on worksheet HL 5.1, slide 12 to produce an infographic poster showing how vaccines work. They can add their own arrows/illustrations. There are lots of examples of infographic posters available on the internet.</p>	
<p>20/1/25 – Who developed the first vaccine?</p>	<p>Learning Objective: Understand that vaccines help to prevent a range of infections, including the flu.</p> <p>Learning Outcomes: Describe how being vaccinated can help us to stay well. Understand that there are not vaccinations for all infections and illnesses. Explain that vaccines are dead or weakened microbes.</p> <p>Who developed the first vaccine? Use slide 13 to describe how Edward Jenner developed the first vaccination.</p> <p>What vaccines have you had? Ask the pupils if they know if they have been vaccinated against any illnesses? Use Slide 14 to explain when vaccinations are given, which vaccinations are usually given and why vaccinations are so important.</p> <p>Why are vaccines important? Using slide 15 describe how vaccines are really important for everybody's health. Use slide 16 to discuss the COVID-19 vaccination.</p> <p>Activity</p>	<p>30 mins</p>

	<p>Impact of vaccines <i>In pairs, research Edward Jenner's vaccine discovery and answer the questions on the slide.</i></p>	
	<p>RSE – UKS2-Unit 2- Me, my body, my health</p>	
<p>27/1/25- Lesson 1- Identity</p>	<p>How to Lead Paradise Street Sessions</p> <p>Paradise Street is an original drama series for Upper Key Stage Two which follows the story of 4 friends – Finn, Leyla, Marcus and Siobhan – who have different personal and social experiences related to growing up and puberty. Each episode lasts about 10 minutes and is followed by a time of teacher-led discussion with the pupils. Each session also includes an episode of “Delving Deeper into Paradise Street” in which two fun presenters explore the issues in the drama and provide some teaching for pupils (which also acts as guidance and support for teachers). Each concludes with a time of personal writing in a Module 1 Workbook which will help the pupils to digest and personalise the teaching.</p> <p>Complete identity page of the Paradise Street work book</p>	<p>30 mins</p>
<p>3/2/25- Lesson 2- Girls Bodies</p>	<p>https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/uks2/m-1/uks2_1_created-and-loved-by-god/u-2/uks2_1-2_me-my-body-my-health/s-2/girls-bodies/</p> <p><u>Learning Objectives</u> Children will learn: That human beings are different to other animals About the unique growth and development of humans, and the changes that girls will experience during puberty About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately The need for modesty and appropriate boundaries</p> <p><u>Success Criteria</u> Children will: Engage with the film and discussion questions Successfully complete the appropriate section in their ‘Paradise Street’ Workbook</p>	<p>45 minutes</p>
<p>10/2/25- Lesson 2- Boys bodies</p>	<p>https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/uks2/m-1/uks2_1_created-and-loved-by-god/u-2/uks2_1-2_me-my-body-my-health/s-3/boys-bodies/</p> <p><u>Learning Objectives</u> Children will learn: That human beings are different to other animals About the unique growth and development of humans, and the changes that boys will experience during puberty About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately The need for modesty and appropriate boundaries</p>	<p>45 mins</p>

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