



PSHE & RSHE: Year 5

What are the aims and intentions of this curriculum?

By the end of Year 5 pupils will:

- Develop an understanding of families, including marriage and what to do if someone feels unsafe in their family; learn that dealing issues can strengthen a friendship; explore the impact of bullying and what influences a bully's behaviour; learn to appreciate our individual positive attributes.
- Learn to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; set goals and embracing failure; understand the importance of rest and relaxation
- Explore the emotional and physical changes of puberty, including menstruation; learn about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.
- Be introduced to the justice system; how parliament works; and the role of pressure groups; learn about rights and responsibilities, the impact of energy on the planet and contributing to the community
- Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.
- Prepare for the transition to Year 6 and the opportunities and responsibilities this brings.

Term	Topic	Key Learning	Vocabulary
Autumn	Families and relationships	<ul style="list-style-type: none"> • Describe what qualities a good friend should have and recognise which of these they have and which they could develop. • Recognise that friendships have ups and downs and this is normal. • Understand what marriage is and know that it is a choice people make (including different types of marriages) • Understand that we all have a range of attributes that make us who we are and we should be proud of these. • Understand that sometimes families can make children feel unhappy or unsafe. • Understand why someone might bully others. • Understand that attitudes and laws around gender equality have changed over time. • Understand that stereotypes exist and these can lead to discrimination 	attributes bullying bystander cyberbullying marriage secret wedding
Autumn/ Spring	Health and well-being	<ul style="list-style-type: none"> • Perform some yoga poses, following the instructions from a video, and describe how yoga makes them feel. • Describe how they can get a good night's sleep and explain why this is important. • Describe why they should embrace failure. • Describe a strategy to help manage feelings of failure and to help them to persevere. 	fail goal protect relaxation responsibility



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		<ul style="list-style-type: none"> • Set themselves goals and consider how they will achieve them. • Describe a range of feelings and suggest two ways of dealing with a difficult situation. • Demonstrate an understanding of what calories are and how to use them to help plan healthy meals. • Recognise the food groups and acknowledge that having a variety of food is important for having a balanced and healthy diet. • Understand how to keep safe in the sun and some of the risks, now and in the future, if they don't. 	steps
Spring	Safety and the Changing Body	<ul style="list-style-type: none"> • Understand what is safe to share online and what to do before sending a message. • Identify possible dangers online, suggesting ways to stay safe, using the web to research relevant information. • Accurately name all the relevant parts of the body. • Understand the changes their own gender will go through during puberty. • List the range of changes they will go through during puberty. • Assess a casualty's condition; calmly, comfort and reassure a casualty who is bleeding; and seek medical help if required. • Understand that other people can influence our decisions but we have the right to make our own choices. 	Attraction, Bladder, Breasts, Cervix, Clitoris, Decision, Egg or ova, Ejaculation, Erection, Fallopian tube, Friend, Influence, Labia, Menstruation/period, Nipples, Ovary/ovaries, Private, Puberty, Pubic hair, Scrotum, Testicles/testes, Vagina, Vulva
Spring/ Summer	Citizenship	<ul style="list-style-type: none"> • Understand what happens when someone breaks the law. • Understand what rights are and that freedom of expression is one of these rights. • Understand how reducing the use of materials and energy helps the environment, and what individuals can do to support this. • Understand how people contribute to society and how this is recognised. • Understand the role of pressure groups. • Understand the basics of how parliament works including the parts of parliament 	Defendant Environment Freedom of expression Government House of Commons Human rights Judge Jury Member of Parliament (MP) Parliament Prime Minister Trial
Summer	Economic Well-being	<ul style="list-style-type: none"> • Understand that borrowing money is a way to pay for something but this has to be repaid. 	Discrimination Expenditure



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		<ul style="list-style-type: none">• Understand what income and expenditure are and how these can be recorded.• Understand that there are risks associated with money and what some of these are.• Understand how to create a weekly budget, including prioritising needs over wants.• Understand that stereotypes can exist in the workplace and how these can affect people.	Giving back Income Interest Repayment
	Transition	<ul style="list-style-type: none">• Understand the skills needed to take on roles in school• Explain the skills I have and those I need to develop	Skill, responsibility, role, achievement