

Year 5 Overview					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Introduction: Setting ground rules for RSE & PSHE</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p>	<p>Health and wellbeing</p> <p>Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.</p>	<p>Safety and the changing body</p> <p>Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p>	<p>Citizenship</p> <p>An introduction to the justice system and how parliament works.</p>	<p>Economic wellbeing</p> <p>Learn to manage money, understand borrowing and how to be cautious online.</p>	<p>Transition</p> <p>Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.</p>

<p>Family and relationships Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.</p>					
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