

# Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Friendships, stereotypes and bullying</b></p> <p>This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.</p> <p><b>Suggested lessons:</b></p> <p><u>Friendship and bullying</u> – Y5-6</p> <p><b>L1:</b> Including others</p> <p><b>L2:</b> Positive and respectful friendships</p> <p><b>L3:</b> Bullying and its impact</p> <p><u>Belonging and community</u> – Y5-6</p> <p><b>L3:</b> Challenging stereotypes</p> <p><b>L4:</b> Addressing extremism</p> <p><b>Beyond Gender Stereotypes</b></p>	<p><b>Mental health and wellbeing</b></p> <p>This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.</p> <p><b>Suggested lessons:</b></p> <p><u>Foundations for Wellbeing</u> – Y5</p> <p><b>L1:</b> Noticing and naming emotions</p> <p><b>L2:</b> Directing attention and managing distractions</p> <p><b>L3:</b> Changing thinking habits</p> <p><b>L4:</b> Rumination and worry</p> <p><b>L5:</b> Managing reactivity</p>	<p><b>Me, my body and growing up</b></p> <p>This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe.</p> <p><b>Suggested lessons:</b></p> <p><u>Medway: Changing and growing up</u> – Y4-5</p> <p><b>L1:</b> Time to change</p> <p><b>L2:</b> Menstruation and wet dreams</p> <p><b>L3:</b> Personal hygiene</p> <p><b>L4:</b> Emotions and feelings</p> <p><u>NSPCC: Talk PANTS</u> – ages 7-9</p> <p><b>L1:</b> Building confidence</p>	<p><b>Respecting boundaries</b></p> <p>This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.</p> <p><b>Suggested lessons:</b></p> <p><u>Consent</u> – KS2</p> <p><b>L1:</b> Giving and seeking permission</p> <p><b>L2:</b> Personal boundaries</p> <p><b>L3:</b> Appropriate and inappropriate touch</p> <p><u>NSPCC: Talk PANTS</u> – ages 9-11</p> <p><b>L6:</b> How can the PANTS rule help us?</p> <p><u>Female genital mutilation</u> – Y5-6*</p> <p><b>L1:</b> Keeping safe – FGM</p>	<p><b>Safe connections</b></p> <p>This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.</p> <p><b>Suggested lessons:</b></p> <p><u>CEOP: Play, like, share</u> – ages 8-10</p> <p><b>L1:</b> Block him right good, Alfie!</p> <p><b>L2:</b> Who's Magnus?</p> <p><b>L3:</b> They have fans, we have friends!</p> <p><u>CEOP: Connect</u> – Y5-6</p> <p><b>L1:</b> Respectful relationships</p> <p><b>L2:</b> Socialising online</p> <p><u>NCA: Making the right CyberChoices</u> – Y5-6</p>	<p><b>Embedding healthy habits and learning first aid</b></p> <p>This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.</p> <p><b>Suggested lessons:</b></p> <p><u>Melanoma Fund: Sunguarding schools</u> – KS2</p> <p><u>Sure: Breaking limits</u> – KS2</p> <p><b>L1:</b> Confident mover</p> <p><b>L2:</b> Team player</p> <p><b>L3:</b> Goal setter</p> <p><u>St John's Ambulance: First aid</u> – KS2</p> <p><b>L2:</b> Asthma</p> <p><b>L9:</b> Head injuries</p>

Our schools deliver statutory and additional PSHE and RSHE content in ways that are appropriate for pupils' ages and stages of development. We follow a spiral curriculum, meaning key themes are revisited regularly so that learning is reinforced and deepened over time.

Many topics appear in each year group, but always in an age-appropriate way. This approach builds on pupils' existing knowledge and prepares them confidently for the next stage in their personal development.