

Year 5 HEALTH AND WELL-BEING		
Keeping Safe	Healthy Lifestyles	Growing and Changing
<u>Strategies for managing personal safety</u> How to keep safe when children are outside of school. <u>How to stay safe online</u> <u>SCARF</u> Thinking about habits Explain and describe what a habit is and how it can be hard to change. Jay's dilemma Recognise that there are positive and negative risks and possible outcomes. Spot bullying Demonstrate strategies to deal with both face-to-face and online bullying. Drugs: true or false Know that all medicines are drugs but not all drugs are medicines. Decision dilemmas Risky situations. Play, like, share Consequences of not keeping personal information private. Recognise that people aren't always who they appear to be online.	<u>What positively and negatively affects health and well being</u> The impact of social media on children's health and well-being. <u>Making informed choices – benefits of a healthy and balance diet</u> <u>SCARF</u> Smoking: what is normal? Understand the actual norms around smoking and the reasons for common misperceptions of these. Getting fit Harmful effects each of smoking/drinking alcohol.	<u>SCARF</u> Different Skills Identify their own strengths and talents. How are they feeling? Use a range of words and phrases to describe the intensity of different feelings Strategies to build resilience. Distinguish between good and not so good feelings. Growing up and changing bodies Know what menstruation is and why it happens. Star Qualities! Describe 'star' qualities of celebrities as portrayed by media. 'Star' qualities 'ordinary' people have. Changing bodies and feelings Know the correct words for the external sexual organs. Myths linked to puberty. Young people who identify as transgender may have difficult feelings about puberty. Vocabulary: fertilise, conception, sexual reproduction, gestation. (See Science NC) Help! I'm a teenager - get me out of here! How our body feels when it is relaxed, nervous or sad.
LIVING IN THE WIDER WORLD		
Rights and Responsibilities	Environment	Money
<u>Rules and Laws</u> What is meant by a rule? What is a law? <u>Anti-social behaviour</u> What is anti-social behaviour? <u>SCARF</u> Fact or opinion Understand biased reporting and the difference The land of red people Describe the benefits of living in a diverse society.	<u>How are our actions affecting the oceans?</u> Impact that our lifestyle has on marine life. <u>How are our actions affecting the climate?</u> Global warming <u>SCARF</u> Mo makes a difference Voluntary, community and pressure groups. My School Community Ways of improving the school community.	<u>SCARF</u> Importance of finance in our lives Saving, budgeting investments. <u>SCARF</u> Spending wisely Costs involved in producing and selling an item. Lend us a fiver! Define the terms loan, credit, debt and interest. Suggest advice for situations involving personal finance.
RELATIONSHIPS		
Feelings and Emotions	Healthy Relationships	Valuing Difference
<u>How to recognise how someone is feeling?</u> How do you recognise how someone is feeling. Link to restorative approach. <u>Responding when someone feels...</u> <u>SCARF</u> <u>How good a friend are you?</u> Demonstrate how to respond to a wide range of feelings in others; Give examples of key qualities of friendship; <u>Is it true?</u> Inaccurate online posts to make people like you. Difference between sex, gender identity, gender expression sexual orientation.	<u>Listening to others and learning from others</u> <u>Negotiation and compromise</u> Look at how other people see things. <u>SCARF</u> It could happen to anyone Consequences of positive and negative behaviour. Taking notice of our feelings Acceptable/unacceptable touch. Strategies for dealing with unacceptable touch. Collaboration Challenge! Attributes needed to work collaboratively. Stop, start, stereotypes Recognise that some people can get bullied because of the way they express their gender.	<u>SCARF</u> <u>Qualities of friendship</u> Define some key qualities of friendship. Describe ways of making a friendship last. <u>Kind Conversations</u> Rehearse active listening skills: Demonstrate respectfulness in responding to others; Respond appropriately to others. <u>Happy being me</u> Develop an understanding of discrimination and its injustice, and describe this using examples; Empathise with people who have been, and currently are, subjected to injustice, including through racism; Consider how discriminatory behaviour can be challenged.