

## Year 5 RSHE Coverage

Term	Autumn 1	
Theme	Relationships (Friends)	Health and Wellbeing (Understanding feelings)
Unit	What makes a close friend?	Does everyone have the same feelings?
Unit objectives	<ul style="list-style-type: none"> <li>- Understand what it takes to be a good friend</li> <li>- Empathise with people who are excluded</li> </ul>	<ul style="list-style-type: none"> <li>- Develop our ability to communicate our own feelings, listen to other people's feelings and respond appropriately</li> <li>- Identify positive and negative emotions and the impact these have on our mental wellbeing</li> <li>- Identify our own triggers for negative emotions</li> <li>- Understanding that some people find it hard to read and express emotions</li> </ul>
Unit vocabulary	= Kindness, friendship, inclusion, transition	Angry, anxious, worried, frustrated, confused, emotional reaction

Term	Autumn 2		
Theme	Relationships (Friends)		Health and Wellbeing (Physical health)
Unit	Can we be different and still be friends?	Should friends tell us what to do?	Is there such thing as the perfect body?
Unit objectives	<ul style="list-style-type: none"> <li>- Understand that we don't have to be the same as everyone else to have friends</li> <li>- Appreciate that we should respect other people, irrespective of their unique characteristics</li> <li>- Understand that friendships change over time, and our friends often have different opinions, feelings and motivations to ours</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that friendship is not just about doing what someone says and that boundaries are healthy and an essential part of any relationship</li> <li>- Appreciate that friends should make us feel good and safe <ul style="list-style-type: none"> <li>- Identify behaviour that is controlling or manipulative</li> </ul> </li> <li>- Identify issues around consent and coercion</li> </ul>	<ul style="list-style-type: none"> <li>- Analyse representations of beauty in the media</li> <li>- Understand that the images we see in the media affect the way we see and judge ourselves and others</li> <li>- Appreciate that many of the photos we see are the result of hours of hard work (exercise, dieting, make-up, clothing, hair dressing, photography, editing) and luck (genetics, wealth, fame)</li> </ul>
Unit vocabulary	jealousy, betrayal, different, excluding, including,	Friendship, boundaries, manipulation tactics, relationship, controlling, consent, dares, peer-pressure	Body image, self-esteem, unrealistic, expectations, insecurity

Term	Spring 1			
Theme	Community (Online safety)		Health and Wellbeing (Mental wellbeing)	
Unit	Meeting strangers online	Personal information, terms and conditions	Should we be happy all the time?	Why do we argue?
Unit objectives	<ul style="list-style-type: none"> <li>- Understand that there are dangers online for younger people</li> <li>- Recognise some of the signs of online danger</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that our personal information can be used to make money and target us with advertising</li> </ul>	<ul style="list-style-type: none"> <li>- Explore how big events such as loss, separation, divorce and bereavement can affect our mental and emotional health.</li> <li>- Explore ways of coping with big and small life events.</li> </ul>	<ul style="list-style-type: none"> <li>- Understand why it is better to demonstrate self-control and restraint in emotional situations, staying calm and making good choices, even when others are not</li> <li>- Practise strategies for resolving conflict with peers</li> </ul>
Unit vocabulary	Strangers, social media, passwords, manipulation, catfish, deception, vulnerable	Personal, information, terms and conditions, social media, advertisement	Loss, separation, divorce, bereavement, managing impulsivity, restraint, self-control	listen, respond, impulsivity conflict, resolve, resolution, triggers, restraint, self-control

Term	Spring 2			
Theme	Health and Wellbeing (Physical wellbeing)		Health and Wellbeing (Mental wellbeing)	Relationships (Families)
Unit	How can I stay fit and healthy?	How can I avoid getting ill?	Who am I?	Is there such thing as a 'normal' family?
Unit objectives	<ul style="list-style-type: none"> <li>- Understand how regular exercise and a balanced diet can</li> </ul>	<ul style="list-style-type: none"> <li>- Understand the risks of taking drugs, alcohol and tobacco</li> <li>- Understand why getting the right amount of sleep is important</li> <li>- Identify the ways to avoid damage caused by the sun - Identify key indicators of poor health</li> <li>- Understand the importance of getting the correct amount of sleep</li> <li>- Know strategies to help them to sleep better</li> <li>- Understand the importance of dental hygiene</li> </ul>	<ul style="list-style-type: none"> <li>- Learn to express our sense of identity</li> <li>- Understand that our brains can get poorly and can be treated (just like our bodies)</li> <li>- Know that mental wellbeing varies and is not constant</li> </ul>	<ul style="list-style-type: none"> <li>- Understand the diversity of home lives - Appreciate that many people have heritage from other countries and may have dual heritage</li> <li>- Understand that the cultural differences between families do not make people better or worse and often present an opportunity for learning and fun</li> </ul>
Unit vocabulary		Oral hygiene, flossing, tooth decay, plaque	Key vocabulary Identity, emotions	Difference, conventional

Term	Summer 1		
Theme	Community		
Unit	What is prejudice?	What is the history of prejudice?	What should I do if I encounter prejudice?
Unit objectives	<ul style="list-style-type: none"> <li>- Know that unconscious bias exists - Understand why some people discriminate - Know the protected characteristics</li> </ul>	<ul style="list-style-type: none"> <li>- Explore the history of prejudice</li> <li>- Understand how that history impacts people who are alive today</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that groups and individuals from minority groups are more likely to be victims of prejudice, harassment and bullying</li> <li>- Identify the most common types of prejudice - Identify the protected characteristics in the equality act</li> <li>- Know what to do if they encounter, experience or witness prejudice</li> </ul>
Unit vocabulary	Race, racism, segregation, discrimination, prejudice, equality act, gender, sexual orientation, homophobic	Race, racism, segregation, discrimination, prejudice, equality act, gender, sexual orientation, homophobic	Race, racism, discrimination, prejudice, equality act, gender, sexual orientation, homophobic

Term	Summer 2		
Theme	Relationships (Friendships)	Community (Online safety)	Health and wellbeing (Growing- puberty)
Unit	Why are some people unkind?	Analyzing digital media	What is menstruation?
Unit objectives	<ul style="list-style-type: none"> <li>- Identify the reasons why some children bully</li> <li>- Understand that violence is always wrong, our body belongs to us</li> <li>- Develop skills to avoid conflict and reconcile differences</li> </ul>	<ul style="list-style-type: none"> <li>- Become more digitally literate by being able to analyse digital content</li> </ul>	Understand the process of menstruation and how to manage it effectively
Unit vocabulary	Key vocabulary Bullying, cyberbullying, discrimination, insecurities, fear, anger	Analyse, digital, media, literacy, headline, broadsheet, tabloid, links, clickbait, compare	Menstruation, menstruator, periods, vagina, vulva, ovaries, ovum, hormones, uterus