

RSHE- Year 5 Overview



Autumn 1- Me and my relationships • Collaboration Challenge! • Give and take • Communication • How good a friend are you? • Relationship cake recipe • Our emotional needs • Being assertive	Spring 1- Keeping safe • Spot bullying • Play, Like, Share • Decision dilemmas • Ella's diary dilemma • Would you risk it?* • 'Thunking' about habit* • Drugs: true or false?*	Summer 1- Being my best • It all adds up! • Different skills • My school community • Independence and responsibility • Star qualities • Basic first aid (including Sepsis Awareness)
Autumn 2- Valuing difference • Qualities of friendship • Kind conversations • Happy being me • The land of the Red People • Is it true? • Stop, start, stereotypes • It could happen to anyone	Spring 2- Rights and Respect • What's the story? • Fact or opinion? • Mo makes a difference • Rights, respect and duties • Spending wisely • Lend us a fiver! • Local councils	Summer 2- Growing and changing • How are they feeling? • Taking notice of our feelings • Dear Ash* • Growing up and changing bodies* • Changing bodies and feelings* • Help, I'm a teenager...get me out of here! • Dear Hetty

*If a lesson is marked with a purple asterisk, this is a session where adaptations have been made by the Subject Leader after consultation with Governors and Parents.