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|  | **Year 5** |
|  | **Autumn** | **Spring** | **Summer** |
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| **Relationships and Health Education (RHE)** | **Autumn 1- HEALTH AND WELLBEING****Identity; personal attributes and qualities similarities and differences; individuality; stereotypes****What makes up our identity?****Pupils learn*** How to recognise and respect similarities and differences between people and what they have in common with others
* That there are a range of factors that contribute to a person’s identity (eg ethnicity, faith, family, culture, gender, hobbies, likes/dislikes)
* How individuality and personal qualities make up someone’s identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex
* About stereotypes and how they are not always accurate, and can negatively influence behaviour and attitudes towards others
* How to challenge stereotypes and assumptions about others

**Autumn 2- LIVING IN THE WIDER WORLD****Money; making decisions; spending and saving****What decisions can people make with money?*** How people make decisions about spending and saving money and what influences them
* how to keep track of money so people know how much they have to spend or save
* How people make choices about ways of paying for things they want and need (eg from current accounts/saving; store card/credit cards; loans)
* How to recognise what makes something ‘value for money’ and what this means to them
* That there are risks associated with money (it can be won, lost or stolen) and how money can affect people’s feelings and emotions
 | **Spring 1- HEALTH AND WELLBEING****Basic first aid; accidents, dealing with emergencies****How can we help in an accident or emergency?****Pupils learn*** How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions
* That if someone has experienced a head injury, they should not be moved
* When it is appropriate to use first aid and the importance of seeking adult help

**Spring 2- RELATIONSHIPS*** About the different types of relationships people have in their lives
* How friends and family communicate together; how the internet and social media can be used positively
* How knowing someone online differs from knowing someone face-to face
* How to recognise risk in relation to friendships and keeping safe
* About the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family
* How to respond if a friendship is making them feel worried , unsafe of uncomfortable
* How to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety.
 | **Summer 1- HEALTH AND WELL BEING****Drugs, alcohol and tobacco; healthy habits****How can drugs common to everyday life affect health?****Pupils learn*** How drugs common to everyday life (including smoking, alcohol, caffeine and medicines can affect health and wellbeing
* Some drugs are legal may have laws or restrictions related to them). Other drugs are illegal
* How laws surrounding the use of drugs exist to protect them and others
* Why people choose to use/not use different drugs
* How people can prevent or reduce the risks associated with them
* That for some people, drug use can become a habit which is difficult to break
* How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use
* How to ask for help from a trusted adult if they have any worries or concerns about drugs

**Summer 2- LIVING IN THE WIDER WORLD****Careers, aspirations; role models; the future****What jobs would we like?****Pupils learn*** That there is a broad range of different jobs and people often have more than one during their careers and over their lifetime
* that some jobs are paid more than others and some may be voluntary (unpaid)
* about the skills, attributes, qualifications and training needed for different jobs
* that there are different ways into jobs and careers, including college, apprenticeships and university
* how people choose a career/job and what influences their decision, including skills, interests and pay
* how to question and challenge stereotypes about the types of jobs people can do
* how they might choose a career/job when older, why they would choose it and what influences their decision
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