



		Year 5 <i>2 lessons per fortnight</i>		
	Wk	Topic	Learning content	Assessment
Autumn- 15 weeks	1	Health and Wellbeing 1	-To understand how our emotions can vary and that this is normal -To develop strategies for managing mixed emotions <i>Key Vocabulary</i> Emotions, endorphins, feelings, positive, negative, exercise, strategies, leisure, mental health, well-being, advice	Peer assessment
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	6			End of unit test
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	9	Living in the wider world 1	Be aware of how to keep yourself safe online and consider how we can show honour to others. Consideration of fake news. To consider possible career options and be aware of career stereotyping. To remind of the risks associated with bonfires and fireworks. <i>Key Vocabulary</i> Age restrictions, online safety, career, stereotyping	
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	15			End of unit test
Spring- 11 weeks	1	Relationships Education 1	Be aware of the dangers of online friendships. To consider the importance of self-esteem and self-worth. To be aware of what gender identity is and how we can show respect to our fellow pupils. <i>Key Vocabulary</i> Self-esteem, self-worth, strangers, danger, gender identify, LGBT	
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	5			End of unit test
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	7	Health and Wellbeing 2	Identify healthy habits and consider the importance of getting a good night's sleep. Explain the potential dangers of medicines and the dangers of being in the hot sun too long. <i>Key Vocabulary</i> Healthy habits, medicines, first aid, rest, mindfulness	
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	11			End of unit test
Summer-12 weeks	1	Living in the wider world 2	Identify the benefits of success and achievement. Consider the importance of courtesy and manners. Consideration of the environment and climate change. <i>Key Vocabulary</i> Success, achievements, manners, courtesy, environment, climate change	
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	4			End of unit test
	5	Relationships Education 2	Explain the importance of respect within friendships. To describe what peer pressure is and explain how to politely say no. <i>Key Vocabulary</i> Peer pressure, friendship, respect, toxic friendships, security, love, stability	
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	12			Peer assessment

		Year 6 <i>2 lessons per fortnight</i>		
	Topic	Learning content	Assessment	
Autumn- 15 weeks	Health and Wellbeing 1	Identify ways in which we can make our lives healthier and honour our bodies, looking after our mental well-being and managing mixed emotions. Consideration of physical health and needs such as visiting the dentist. <i>Key Vocabulary</i> Hygiene, germs, bacteria, viruses, vaping, smoking		
			End of unit test	
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	9	Living in the wider world 1	Be aware of where you can get help and advice, learning about diversity in the UK. Explain how to keep your data private online. Consider the risks of social media. <i>Key Vocabulary</i> Data, privacy, social media, community, diversity, respect	
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	15			End of unit test
Spring- 11 weeks	Relationships Education 1	Explain what a positive relationship is. To be aware of how to respectfully disagree with somebody. Be aware of the dangers of online friendships. <i>Key Vocabulary</i> Positive relationships, toxic relationships, respect		
	5			End of unit test
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	7	Health and wellbeing 2	Be aware of how our bodies change as puberty progresses. Describe how our emotions can be affected by hormones Describe the dangers of drugs, both legal and illegal. <i>Key Vocabulary</i> Puberty, emotions, illegal drugs, legal drugs, body image, hormones, emotions	
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	11			End of unit test
Summer-12 weeks	Relationship Education 2	Identify what it means to bully, why people do this and how we can help prevent and stop bullying. To discuss consent and what this means. <i>Key Vocabulary</i> Consent, personal space, bullying, teasing, LGBT, anti-bullying		
	4			End of unit test
	5	Living in the wider world 2	Identify what it means to organise finances, to look after money and to save for the future. Keeping safe in and outside of the home. <i>Key Vocabulary</i> Finances, financial, budget, savings, security	
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	12			Self assessment