Y5 PSHE/RSE Curriculum

NCEA WARKWORTH PRIMARY SCHOOL

Autumn	**My healthy self:** How can I support my mind and body as I grow?	**Connecting with others:** Why are healthy relationships important?
Year 5	• Emotions arise automatically, but we can learn to manage our responses and behaviour. • Mental health affects how we feel, think and cope, and support is available. • Rest, sleep, friendships, time outdoors and helping others can support wellbeing. • Regular activity benefits physical and mental health; plan ways to move more each day. • Food labels help compare sugar, salt and fat, and packaging or advertising can influence choices. • Healthy eating involves balance, variety and enjoyment. Seek help when feelings become hard to manage.	• Identity includes values, beliefs, interests and cultural background, which can influence choices. • Commitment means supporting someone through good and difficult times; marriage and civil partnership are legal commitments. • Families should provide love, stability, protection and support for physical and mental health. • Healthy friendships involve trust and respect; constant criticism, pressure or control can be warning signs. • Calming strategies and respectful communication help manage disagreements, while violence makes them worse. • School staff or Childline can help if home or a relationship feels unsafe.
Spring	**The online world:** How am I influenced by what I see online?	**Citizenship:** How can we make a difference in our communities and beyond?
Year 5	• Influencers and adverts may be paid or rewarded to promote products or ideas. • Online images and information are often carefully selected or edited. • Online content can influence feelings, spending decisions and behaviour. • Apps, games and websites can collect personal data, including interests and location. • Question persuasive messages, recognise possible scams and assess requests before sharing information or money. • Fact-checking, declining requests, blocking and reporting can help us respond safely to online pressure.	• Individuals and community groups can work together to improve their communities. • Pressure groups try to persuade the public or Government to make changes. • Local councillors listen to residents and help make decisions about local spending. • Elections allow people to choose a Member of Parliament to represent them. • People pay taxes to fund government and local services. • Sharing views, contacting representatives and taking collective action can help influence change.
Summer	**Health protection:** How can I manage the changes to my body and emotions as I grow up?	**Staying safe:** How can we be in control of our money?
Year 5	• Hormones drive puberty, preparing bodies for reproduction, and changes happen at different rates. • Know scientific names for reproductive organs, including uterus, ovaries, fallopian tubes and testicles. • Puberty can affect mood, attraction, behaviour and relationships, and people need kindness and support. • Understand the menstrual cycle and how to manage periods, including hygiene, changing products and seeking help with discomfort. • Erections and wet dreams are normal changes that can happen during puberty. • Personal hygiene, respectful boundaries and help from a trusted adult support wellbeing during puberty.	• Know the difference between needs and wants when making spending decisions. • Budgeting helps people plan spending and saving within the money available. • Borrowing can involve interest, so the amount repaid may be more than the amount borrowed. • Borrowing and lending involve responsibilities and possible risks. • Know how to safeguard money online and offline and recognise risks when spending online. • Gambling means risking money with a significant chance of losing it.