

Religious Understanding

Me, My Body, My Health

Emotional well-being

Life Cycles

Keeping Safe

Living in the wider world

Personal Relationships



Learn what the term puberty means

Learn when I can expect puberty to take place;

Understand that puberty is part of God's plan for our bodies.

Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!

The Year 5 RHE/PSHE Student
I have learned...

That I am entitled to say "no" for all sorts of reasons, but not least in order to protect my God-given body

Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community;

To recognise how they may come under pressure when it comes to drugs, alcohol and tobacco

Self-confidence arises from being loved by God (not status, etc).

About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;

That human beings are different to other animals.

DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance

About the unique growth and development of humans, and the changes that girls and boys will experience during puberty;

The recovery position can be used when a person is unconscious but breathing.

To recognise a variety of routes into careers (e.g. college, apprenticeship, university)

About stereotypes in the workplace and that a person's career aspirations should not be limited by them.

How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.

That forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others.

Careers

Money

About the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations.

Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact my actions; Apply this approach to personal friendships and relationships

Understand what consent and bodily autonomy means;

Pressure comes in different forms, and what those different forms are

Discuss and reflect on different scenarios in which it is right to say 'no'.

There are strategies that I can adopt to resist pressure.