

Key stage	Year group	Curriculum	Statutory guidance core theme	Pupils should know...	Learning objective	Learning outcomes	Key questions	Key words	Resources	Signposting for support
KS2	YR 5	Relationships Education	Families and people who care for me	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	Pupils know that there are different contexts in which families can be stable and caring.	I can identify different ways families express care for each other. I recognise some children and young people may be young carers at some points in their lives. I understand that care is at the heart of a happy family.	What ways do your family express care for each other? How does it feel when someone shows you that they care for you? How does it feel when you show someone that you care for them? How can expressions of care support stable, happy families?	Caring; Young carers	Lesson plan: Dundee Carers Centre, Schools resource pack. (http://dundeeccarerscentre.org.uk/) Film: Daniel - A day in the life of a young carer. Film: CBBC My Life Series 7, Episode 11. Looking After Mum. A musical documentary featuring three children who are young carers. They tell their stories of having to care for their disabled mothers, through their own songs and poems.	www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/ https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/
KS2	YR 5	Relationships Education	Caring friendships	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. That healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded.	Pupils can identify healthy friendships, recognising the skills to manage and maintain healthy friendships.	I can identify the relationships that I am in. I can identify healthy and unhealthy friendships, including how these make me feel. I recognise the skills to respond to an unhealthy relationship.	What different types of relationships can people be in? Can some 'friendships' feel unhealthy or unsafe? What can people do to manage an unhealthy or unsafe friendship?	Friendship; Relationship; Unhealthy; Unsafe	Lesson plan: RSE Solution. YR 5, Lesson 4	Childline
KS2	YR 5	Relationships Education	Respectful relationships	What a stereotype is and how stereotypes can be unfair, negative or destructive. The conventions of courtesy and manners.	Pupils know the correct terms associated with gender and sexuality and that using these words to be unkind is homophobic, biphobic and /or transphobic bullying. They understand that this is unacceptable.	I know the words to describe some types of identity. I know that using these words to be unkind is bullying and that this is unacceptable. I have considered ways to respond to these types of bullying.	Have you ever heard someone use words like 'gay' to be unkind about someone or something? Have you known what to do?	Gender; Sex; Intersex; Transgender; Gay; Lesbian	Lesson plan: RSE Solution YR 5, Lesson 3.	Childline

KS2	YR 5	Relationships Education/ Health Education	Online relationships/ Internet safety and harms	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online. The importance of keeping personal information private. How information and data is shared and used online.	Pupils have strategies for keeping safe online, knowing that personal information, including images of themselves and others, can be shared without their permission.	I can identify the types of personal information that is shared online. I understand how quickly personal information and photographs can be shared online. I know I have a responsibility not to share my own or other people's photographs online.	If you are online, how do you know who you are sharing your personal information with? How would you know if that person shares your personal information with someone else?	Personal information; Online sharing	Lesson plan: RSE Solution. YR 5, Lesson 5.	Childline CEOP
KS2	YR 5	Relationships Education	Being safe	How to report concerns or abuse and the vocabulary needed to do so.	Pupils have considered how to manage accidental exposure to explicit images and upsetting online content, including who to talk to about what they have seen.	I know that the internet has content I may find upsetting. I understand people can be upset by different things. I feel confident to talk to a trusted adult about things I see online that upset me.	Who could you ask to help you if you see something online that upsets you.	Online; Upset	Lesson plan: RSE Solution. YR 5, Lesson 6.	Childline
KS2	YR 5	Health Education	Changing adolescent body	Key facts about puberty and the changing adolescent body from age 9 through to age 11, including physical and emotional changes. About menstrual wellbeing including the key facts about the menstrual cycle.	Pupils can anticipate how their body may change as they approach and move through puberty.	I know how the body can be affected by puberty. I have considered how these body changes might make people feel about themselves.	How might puberty cause a male body to change? How might puberty cause a female body to change? What do you think might be the hardest change of puberty to cope with? What do you think is good about how puberty changes the body?	Puberty; Penis; Testicles; Erection; Wet dream; Vulva; Vagina; Period	Lesson plan: RSE Solution. YR 5, Lesson 2.	www.becomingateen.co.uk/home www.childline.org.uk/info-advice/you-your-body/puberty/
KS2	YR 5	Health Education	Mental wellbeing	That mental wellbeing is a normal part of daily life in the same way as physical health	Pupils can anticipate how their emotions may change as they approach and move through puberty	I understand how puberty may affect my emotions. I have considered how my changing emotions may affect me. I know how to respond to overwhelming emotions.	What emotions do you think someone of your age and stage might experience? Are emotions always the same or can they change, sometimes quite quickly? What things can cause emotions to change?	Emotions; Puberty	Lesson plan: RSE Solution. YR 5, Lesson 1.	Childline

KS2	YR 5	Health Education	Physical health and fitness	The characteristics and mental and physical benefits of an active lifestyle. The risks associated with an inactive lifestyle. How and when to seek support including which adults to speak to in school if they are worried about their health.	Pupils understand how taking part in regular physical activity has lots of benefits to physical and mental health, wellbeing and their learning.				Fact sheet: Daily Mile. www.thedailymile.co.uk/	Childline Doctor/ nurse
KS2	YR 5	Health Education	Drugs, alcohol and tobacco	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.	Pupils know some key facts and risks associated with smoking, alcohol and drugs.	I understand the definition of a drug. I have discussed attitudes towards alcohol, including how it is portrayed in society and the media.	Why is it important to think about your own opinions towards drugs and alcohol? Is it always easy to do what you think is the right thing to do? How can you resist pressure to do something that makes you feel uncomfortable or scared?	Drug; Alcohol; Attitudes	Lesson plan: Mentor. Lesson 4 (http://mentor-adepis.org/) Film: BBC Bitesize. The effects of alcohol on young people. www.bbc.co.uk/bitesize/clips/z42w2hv	www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/
KS 2	YR 5	Health Education	Health and prevention	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	To learn about the importance of good sleep	I can explain why sleep is important for a healthy lifestyle. I can describe bedtime routines that help improve sleep. I can identify how sleep patterns and needs might change during puberty.	Do you enjoy sleeping? How do you feel when you have a good night's sleep? How do you feel when you get less sleep?	Sleep; Sleep terrors; Sleep walking	Lesson plan: Sleep Factor. A PSHE Association produced resource that focuses on changes in sleep patterns during puberty. (https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints)	Childline
KS2	YR 5	Health Education	Basic first aid	How to make a clear and efficient call to emergency services if necessary.	Pupils can identify an emergency situation where someone needs help quickly.	I can recognise when to get adult help. I know how to call 999 and what to say to the operator.	What is an 'emergency situation'? Why is it important to get adult help? Why does it help to stay as calm as possible in an emergency?	Risk; Safe; Emergency services	Films, Activities, Worksheets: British Red Cross. Emergency Action. A PSHE Association recommended resource. https://lifeliveit.redcross.org.uk/Emergency-action	Childline 999