

RHE	Healthy Happy Friendships Similarities & Differences	Year group: 5	Term: Autumn
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Prior Knowledge

Y4: How to resolve friendship difficulties, the importance of communication, personal boundaries, what it means to be British and stereotypes

Key vocabulary:

Identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety

Strength, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety



Skills to be taught:

Challenge prejudice
Describe our own identity
Managing own stress and anxiety
Can recognise own strengths, abilities and weaknesses

Daisy's profile

Daisy Field

Age: 13

My bio

I love going to the Cosford gym, I go to the 4.30 session every Wednesday and Friday to work out and be with my friends. Kelly's Cafe is the best for milkshake after school!

Friends 698 friends



Posts



Daisyfield13: best and worst place to hang #schooldays #friends #year8 #walkinghometonight

#whostheretomeetup
Kyra22: Daisy? Shall I come meet you?
Daisyfield13: Yup 😊

Daisy just checked in to home
Daisyfield13: Home sweet home!
Emajeen222: Daisy where do you live? I cant see your location?
Daisyfield13: I keep MOST things private lol
Emajeen222: PM?
Daisyfield13: ttyl

Key Knowledge

- What is 'identity'?
- What are the things that define us?
- How to recognise peer pressure
- Good friends shouldn't make you feel pressured
- What is stress and how can we manage stress and anxiety?
- What is the difference between stress and anxiety?
- Describe own strengths and weaknesses. Know we all have different strengths and abilities
- Know the importance of setting realistic goals
- Know the risks and benefits of the internet
- Know how and why we should keep our online identity safe
- How to get help and support if we feel unsafe online

RHE	Caring & responsibility Families & Committed Relationships	Year group: 5	Term: Spring
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Prior Knowledge

In Y4 chn learnt about the UN and rights of the child, why these rights are important and keep them safe. Also appropriate behaviours and boundaries within relationships

Key vocabulary:

Care needs, caring, alone, loneliness, lonely, isolation, isolated, volunteer, volunteering, community, involvement

Relationships, healthy, unhealthy, safe, diversity, commitment

Skills to be taught:

Ways to help others who are lonely
Explain ways a relationships can be healthy or unhealthy. Demonstrate respect towards diversity.

Reasons to commit to a relationship



Tick or highlight the positive reasons to commit to a relationship.

- To have a party with your friends and family
- Your family has decided it is important for you to get married/engaged/blessed
- To show how much you love someone
- To share your life with the person you want to be with
- To start a family
- For both people to be happy
- So that you can have a hen party or a stag night
- So that you can have half of someone else's belongings
- Because it's better to raise a family with someone you are committed to
- To get all of the attention for a whole day
- To have legal rights
- For two people to show their love for each other
- To get a mortgage or rent a home
- To make an ex-partner jealous
- To get to wear expensive clothes
- Your religion says that you should

Key Knowledge

- How people's care needs change through life
- How we can care for others as they grow older
- Know how loneliness affects people
- Know the benefits of volunteering
- Describe some of the ways in which people can get more involved in their local communities
- Know the values of a healthy relationship
- Characteristics of healthy and unhealthy relationships
- Know the range of different families
- Know the range of families that exist within communities and the importance of respecting this diversity
- Describe the steps of a relationship based on a our own values
- Reasons for committing to a relationship and the importance of this in life

Bella is 73.

Bella has no children and no living relatives.

Bella feels lonely.

Bella used to spend time with her friend, Ronnie, but he has moved away to be near his family.

RHE	Healthy body and healthy mind Coping with change	Year group: 5	Term: Summer
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Prior Knowledge

In Y4 healthy and unhealthy choices for body and mind. Consequences of unhealthy choices. The changes that happen at puberty for boys and girls.

Skills to be taught:

To explain how they see themselves can affect their feelings and behaviours

Key Knowledge

- To be able to explain that how they see themselves can affect feelings and behaviours
- Know the benefits of positive self image and self respect for health and wellbeing
- Explain some facts about illegal and legal substances.
- Describe how alcohol, caffeine and smoking can affect the body and mind
- Explain how bacteria and viruses are spread and treated.
- Describe vaccination and immunisation and their roles in preventing disease.
- Identify changes that happen during puberty and why they happen. Describe ways to manage these changes
- Identify and describe emotional changes
- Know who to get advice from



Key vocabulary:

Self image, self respect, attributes, self talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, disease, infection, immunisation, vaccination, antibiotic, immunity, allergen, allergic reaction, herd immunity

Hormones, menstruation, periods, sperm, egg, ovaries, testes, vagina, penis, puberty, emotions, changes, feelings, support, control

