

Year 5 RSE Curriculum Byron Wood Primary Academy

These are the topics that will be taught throughout the year, along with the content of each topic. Each topic is expected to be taught for between 1 and 3 afternoons.

They are likely to be taught in this order, although this is at the discretion of the class teachers, depending on the needs of the class.

What Makes A Family?

Why do some people get married?

Why some people get married.

That not everyone wants to get married.

That forced marriage is illegal.

Are families ever perfect?

The positive features that should be present in a family.

How to disagree with respect.

The difference between secrets and surprises (when to break confidentiality).

Understand the concept of consent.

That "My body belongs to me".

Is there such a thing as a normal family?

Understand the diversity of home lives.

That many people have heritage from other countries and may have dual heritage.

That the cultural differences between families do not make people better or worse and often present an opportunity for learning and fun.

Keeping Friendships Healthy

What makes a close friend?

What it takes to be a good friend.

How to empathise with people who are excluded.

Can we be different and still be friends?

That we don't have to be the same as everyone else to have friends.

That we should respect other people, irrespective of their unique characteristics.

That friendships change over time, and our friends often have different opinions, feelings and motivations to ours.

Should friends tell us what to do?

That friendship is not just about doing what someone says and that boundaries are healthy and an essential part of any relationship.

That friends should make us feel good and safe.

How to identify behaviour that is controlling or manipulative.

The issues around consent and coercion.

Why are some people unkind?

The reasons why some children bully.

That violence is always wrong, our body belongs to us.

Develop skills to avoid conflict and reconcile differences.

Online Safety

Control and consent

That social media comes with pressure.

That we have a significant amount of control over our online lives.

That our actions/lack of actions can have an impact on ourselves and those around us.

Protecting our identity

That our personal information is valuable, sensitive and private to us.

That giving away personal information can lead to both physical and emotional damage.

That many small details can be pieced together to gain a much more comprehensive set of information about a person.

Meeting strangers online

That there are dangers online for younger people.

How to recognise some of the signs of online danger.

Personal Information, terms and conditions

That our personal information can be used to make money and target us with advertising.

Analysing Digital Media

Become more digitally literate by being able to analyse digital content.

Understanding My Feelings

Does everybody have the same feelings?

Develop our ability to communicate our own feelings, listen to other people's feelings and respond appropriately.

Identify positive and negative emotions and the impact these have on our mental wellbeing.

Identify our own triggers for negative emotions.

That some people find it hard to read and express emotions.

Should we be happy all the time?

Explore how big events such as loss, separation, divorce and bereavement can affect our mental and emotional health.

Explore ways of coping with big and small life events.

Explore ways of coping with big and small life events.

Why do we argue?

Why it is better to demonstrate self control and restraint in emotional situations, staying calm and making good choices, even when others are not.

Practise strategies for resolving conflict with peers.

Who am I?

Learn to express our sense of identity.

That our brains can get poorly and can be treated (just like our bodies).

That mental wellbeing varies and is not constant.

Staying Healthy

Is there such a thing as the perfect body?

That the images we see in the media affect the way we see and judge ourselves and others.

That many of the photos we see are the result of hours of hard work (exercise, dieting, make-up, clothing, hair dressing, photography, editing) and luck (genetics, wealth, fame).

How can I stay fit and healthy?

How regular exercise and a balanced diet can help your health.

Can I avoid getting ill?

The risks of taking drugs, alcohol and tobacco.

Why getting the right amount of sleep is important.

The ways to avoid damage caused by the sun.

Key indicators of poor health.

Strategies to help them to sleep better.

The importance of dental hygiene.