

Year 5	PSHE & RSE Long Term Overview		
Introductory lesson	<p><u>Introduction: Setting ground rules for RSE & PSHE lessons</u></p> <p>1 lessons</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>	Unit 1	<p><u>Y5 Families and relationships</u></p> <p>9 lessons</p> <p>Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing with issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.</p>
Unit 2	<p><u>Y5 Health and wellbeing</u></p> <p>8 lessons</p> <p>Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation</p>	Unit 3	<p><u>Y5 Safety and the changing body</u></p> <p>8 lessons</p> <p>Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone</p>
Unit 4	<p><u>Y5 Citizenship</u></p> <p>7 lessons</p> <p>An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community</p>	Unit 5	<p><u>Y5 Economic wellbeing</u></p> <p>7 lessons</p> <p>Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.</p>
Unit 6	<p><u>Year 5: Transition lesson</u></p> <p>1 lessons</p> <p>Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.</p>		