

Year 5		PSHE & RSE Long Term Overview	
Introductory lesson	<u>Introduction: Setting ground rules for RSE &amp; PSHE lessons</u>  1 lessons  A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	Unit 1	<u>Y5 Families and relationships</u>  9 lessons  Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.
	<u>Y5 Health and wellbeing</u>  8 lessons  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		<u>Y5 Safety and the changing body</u>  8 lessons  <u>Exploring the emotional and physical changes of puberty, including menstruation</u> ; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone
Unit 4	<u>Y5 Citizenship</u>  7 lessons  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	Unit 5	<u>Y5 Economic wellbeing</u>  7 lessons  Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.
Unit 6	<u>Year 5: Transition lesson</u>  1 lessons  Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.		