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| YEAR 5 PHSE/RSE WHOLE YEAR |
| FAMILY AND RELATIONSHIPS |  |
| Build a Friend- What makes a good friend? |
| Friendship skills |
| Marriage- different types of marriage and the history of marriage |
| Respecting myself |
| Family Life |
| Bullying |
| Stereotyping- gender |
| Stereotyping- race and religion |
| Assessment |
| **Safety and Changing Body** |  |
| Online friendships/staying safe online- Safer Internet Day |
| Puberty and menstruation- Donna Moore |
| First Aid- Bleeding |
| Drugs and Smoking- understanding the influence others can have on us |
| Assessment |
| **Health and Wellbeing** |  |
| **What is Mental Health?** |
| **The Importance of rest** |
| **The importance of regular physical activity** |
| **Taking responsibility for my feelings** |
| **Healthy meals** |
| **Sun safety** |
| **Assessment** |
| **Citizenship** |  |
| **Breaking the Law** |
| **Rights and responsibilities** |
| **Protecting the planet** |
| **Contributing to the community** |
| **Pressure groups** |
| **Parliament** |
| **Assessment** |
| **Economic Wellbeing** |  |
| **Income and expenditure** |
| **Risks with money** |
| **Prioritising spending** |
| **Stereotypes in the workplace** |
| **Transition** |  |