

**Year Five Personal, social, health and economic education/Citizenship Curriculum and the Rights and Respect of the Child**

<b>Theme</b>	<b>Key Vocabulary</b>	<b>Learning to take place linked to knowledge, skills and understanding</b>	<b>Books/resources to support learning</b>	<b>Links to other areas of the curriculum</b>	<b>RRC</b>
Mental Health, Being Healthy and Wellbeing	Positively Negatively Affects	Learn what positively and negatively affects their physical, mental and emotional health including the media.	Body image and advertising	IT and PE	12,16,17, 32, 19
	Physical Mental Emotional Emotions	Learn to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them.	Class discussions Anti-Bullying week		12,32
	Independence Responsibility	Learn to recognise their increasing independence brings increased responsibility to keep themselves and others safe.	Class discussions Behaviour Policy Anti-bullying week		15, 32, 33, 34, 35,36,37
	Pressure Unhealthy COVID-19 Risky	Learn that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media.	Anti-bullying week Media Bikeability lessons	SRE Y5	15, 16, 17, 33, 34,35,36,37
	Reproduction Safe Social media	Learn about human reproduction.		Science SRE lessons – Puberty lesson – school nurse, follow up lesson staff	
		Reinforce the hand washing approach linked to COVID-19 Develop understanding of how some diseases spread and can be controlled. .			
		Learn strategies for keeping physically and emotionally safe including road safety, safety in the environment and safety online including social media, the responsible use of ICT and mobile phones.	Regular on-line safety Road Safety week Bikeability lessons	E-safety	6,16,17, 32, 33,34, 35, 36, 37
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Relationships and respecting the differences between people	Resolve Dispute Negotiation Constructive feedback Support Benefit Prejudice Discrimination Seeking help Advice cultural, ethnic, racial and cyber diversity, sex, gender identity	Develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves.	School Council School Ambassadors	SRE Y5	12
		That differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability.		RE teaching. Mayans Topic - History	2,8,14,15, 30
		To recognise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, how to respond and ask for help).		On line safety, anti-bullying week	2, 8,14,15, 30
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Living in the Wider World	Debate Problems National UK Ethnic identities EU Democracy Political Consumer Critical Values Customs	To research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer their recommendations to appropriate people.	Healthy School report	English – balanced arguments.	12,15,17
		To appreciate the range of national, regional, religious and ethnic identities in the United Kingdom.	Newsround – around the world – daily agendas	RE RRC agenda	2, 14,30
		To think about the lives of people living in other places, and people with different values and customs.	Newsround	History, geography RE curriculum	2, 12,14, 30
		Discuss the EU, democracy, parliament, political parties.	Newsround	English balanced argument Politics	4,7, 12,15, 26

		About the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer.	Financial reports	Maths – problem solving	16,17, 26,
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Changing and Growing SRE	Appropriate Inappropriate Changes Platonic Characteristics Affection Puberty Pregnancy Internal Gestation	Relationships - discuss and revisit appropriate and inappropriate touching, characteristics of family, platonic relationships.	Hot seating Drama	RRC agenda	16, 34, 36, 37
		How can we show affection? Revisit right to say no.	NSPCC		16, 34,36, 37
		To identify physical changes during puberty.	School health	Covered in Y6 as part of the puberty talk. SRE lessons	
		To know and name internal sexual parts and function.	School health	Science	
		To understand pregnancy as a period of gestation.	School health	SRE	
		To understand how babies are made and born.	School health	SRE	
		To understand the wonder of bodies changing.		Science	

### **Possible Mindfulness ideas and approaches**

- Become aware of the rhythm of your breathing. There's no need to change your breathing in any way, simply notice it exactly as it is.
- **Listen to the bell.** An easy way for children to practice mindfulness is to focus on paying attention to what they can hear. You could use a bell, a set of chimes, or an APP that has sounds on it. Tell children that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute).
- Stroll outside possibly through the meadow and notice things we have not seen before. Designate one minute of the walk where we are completely silent and simply pay attention to all the sounds we can hear.