



## RSE and PSHE lesson overview per year group

YEAR 5	
<b>Family and relationships</b>	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	Build a friend - what makes a good friend
Lesson 3	Friendship skills
Lesson 4	Marriage - different types of marriage and the history of marriage
Lesson 5	Respecting myself
Lesson 6	Family life
Lesson 7	Bullying - the effects of bullying and what might motivate a bully
Lesson 8	Stereotyping - how attitudes to gender have changed over time
Lesson 9	Stereotyping and discrimination
<b>Safety and the changing body</b>	
Lesson 1	Online friendships
Lesson 2	Staying safe online
Lesson 3	Puberty  <i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation)</i>
Lesson 4	Menstruation  <i>(vocabulary: menstruation, egg, ova, ovaries, fallopian tube, uterus, womb, sanitary products (towels, tampons, period pants, cups), voice breaking, erections, wet dreams, ejaculation)</i>
Lesson 5	Emotional changes in puberty
Lesson 6	First Aid - bleeding
Lesson 7	Drugs, alcohol and tobacco - understanding the influence others can have on us  <i>(includes cigarettes and alcohol)</i>
<b>Health and wellbeing</b>	
Lesson 1	Relaxation - yoga
Lesson 2	The importance of rest

Lesson 3	Embracing failure
Lesson 4	Going for goals
Lesson 5	Taking responsibility for my feelings
Lesson 6	Healthy meals
Lesson 7	Sun safety

<b>Citizenship</b>	
Lesson 1	Breaking the law
Lesson 2	Rights and responsibilities
Lesson 3	Protecting the planet
Lesson 4	Contributing to the community
Lesson 5	Pressure groups
Lesson 6	Parliament
<b>Economic wellbeing</b>	
Lesson 1	Borrowing
Lesson 2	Income and expenditure
Lesson 3	Risks with money
Lesson 4	Prioritising spending
Lesson 5	Stereotypes in the workplace
<b>Transition</b>	
Lesson 1	Transition lesson