




PHSEE - Year 5

Concepts		Relationships	Keeping Safe	Identity
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Term	Theme	Unit Overview		
Autumn 1	Healthy minds and healthy bodies Hygiene Setting personal goals Healthy lifestyles: looking after one's mind and body	<ol style="list-style-type: none"> 1. Setting goals 2. Hygiene and health 3. Relaxation techniques 1 4. Relaxation techniques 2 5. Helpful and unhelpful thoughts 1 6. Helpful and unhelpful thoughts 2 		
Autumn 2	Anti-bullying and positive relationships	<ol style="list-style-type: none"> 1. Doing the right thing 2. What should I do if I witness bullying 3. E-safety and cyberbullying 		
Spring 1	Respectful relationships now and in the future Gender differences and stereotypes Challenging prejudice and discrimination Respectful relationships	<ol style="list-style-type: none"> 1. We are all born free 1 2. We are all born free 2 3. We are all born free 3 4. We are all born free 4 5. We are all born free 5 		
Spring 2	Different families, same love Challenging stereotypes and celebrating diversity Understanding family differences	<ol style="list-style-type: none"> 1. Understanding family differences 2. Challenging stereotypes 		
Summer 1	Living and growing Puberty Staying safe online: being share aware	<ol style="list-style-type: none"> 1. RSE (see RSE Curriculum) 2. NSPCC Share Aware 		
Summer 2	Safety, friendships, managing change and loss Rights, responsibilities and respect in friendships Building good friendships Coping with change and loss	<ol style="list-style-type: none"> 1. What is meant by a trusted adult? 2. Communication for positive friendships 3. Healthy and harmful friendships 1 4. Healthy and harmful friendships 2 5. What does true friendship mean to you? 6. When someone we love dies 		