

YEAR FIVE PSHE / RSE OVERVIEW

Term Year Group	Autumn 1 SEAL: New Beginnings	Autumn 2 SEAL: Getting On & Falling Out (Anti Bullying Week)	Spring 1 SEAL: Going For Goals!	Spring 2 SEAL: Good To Be Me	Summer 1 SEAL: Relationships	Summer 2 SEAL: Changes
Year 5	<p>SEAL: Feeling welcomed & valued. Creating a community. Strategies to control own feelings.</p> <p>RSE: Feelings, Friendships & Relationships – Feelings & controlling own behaviour. Taking responsibility, understanding the concept of fairness.</p> <p>DATE: Attitudes & values in society – attitudes, beliefs & stereotyping</p> <p>HEALTHY LIFESTYLES: Water Safety – Swimming</p> <p>E SAFETY: See Computing planning.</p>	<p>SEAL: Friendships, relationships & behaviour. Managing conflict and honesty. Understanding & dealing with anger.</p> <p>RSE: Feelings, Friendships & Relationships – Friendship qualities.</p> <p>DATE: Legal & illegal substances and drugs.</p> <p>ANTI BULLYING: ABCD Curriculum Anti-Bullying Week.</p> <p>Stranger Danger.</p> <p>GLOBAL/CITIZENSHIP: School’s Linking Project.</p>	<p>SEAL: Being an effective learner. Setting goals / challenges. Self as a learner.</p> <p>RSE: Feelings, Friendships & Relationships – Peer pressure. Understanding what a healthy relationship is.</p> <p>DATE: Make own judgements & decisions – resisting negative peer pressure. Risk taking and making own judgements.</p> <p>HEALTHY LIFESTYLES: Water Safety – Swimming</p> <p>E SAFETY: Safer Internet Day.</p>	<p>SEAL: Understanding & managing own feelings. Bereavement and loss. Strategies to cope with disagreements.</p> <p>RSE: Families & Safety - exploring media information/role models.</p> <p>DATE: Express own views & respect others.</p> <p>GLOBAL/CITIZENSHIP: School’s Linking Project Safer strangers, everyday situations and scenarios where you may come into contact with a stranger and what to do.</p>	<p>SEAL: Friendship & Stereotypes. Managing feelings & Understanding embarrassment.</p> <p>RSE: NSPCC assembly and workshop – different forms of abuse/ PANTS rule (on a two year cycle).</p> <p>DATE: Legal & illegal substances & the effects.</p> <p>HEALTHY LIFESTYLES: Being a safe cyclist and road safety, use of seatbelts in the car.</p> <p>E SAFETY: See Computing planning.</p>	<p>SEAL: Insecurities around change. Feelings & responses to change.</p> <p>RSE: Growing Up – Names & functions of body parts, puberty and sex education.</p> <p>Healthy Mind and Body (Wellbeing) Week.</p> <p>WC: 16th July 2018</p>

Please ensure consent/withdrawal forms are sent home for relevant RSE topics.