

RSHE Key Stage 2 Overview

	Autumn Term	Spring Term	Summer Term
Year 5	<p>Looking after ourselves</p> <p>Understand how regular exercise benefits both mental and physical health.</p> <p>Recognise opportunities to be physically active and understand the risks associated with an inactive lifestyle.</p> <p>Understand how sleep including sleep routines and good quality sleep contribute to a healthy lifestyle.</p> <p>Understand that puberty can cause physical and emotional changes including menstruation, erections and wet dreams.</p> <p>Learn about how puberty relates to human reproduction and recognise the external genitalia and internal reproductive organs in males and females.</p> <p>Understand the key facts about the menstrual cycle.</p> <p>Understand why personal hygiene is so important as puberty occurs and the body changes.</p> <p>Know where to get more information, help and advice about growing and changing.</p> <p>Understand what contributes to our personal identity - ethnicity, family, gender, faith, culture etc.</p> <p>Anti-bullying: confidentiality and seeking permission</p> <p>Understand when something is appropriate to keep confidential or secret and when it isn't.</p> <p>Understand when it is alright to break a confidence.</p> <p>Recognise when there is pressure from others to do something unsafe or that makes them feel uncomfortable and learn strategies to manage this.</p> <p>To understand when to seek and give permission (consent) in certain situations.</p> <p>To know where to seek advice about personal safety.</p>	<p>Diversity and Individuality</p> <p>Recognise their personal qualities and individuality.</p> <p>Learn how to predict, assess and manage risk in different situations.</p> <p>Learn to listen and respond respectfully to a wide range of people including those whose beliefs, traditions and lifestyle may differ.</p> <p>Learn to respect the differences and similarities between people and recognise where there are similarities.</p> <p>Learn how to discuss and debate topical issues and respect other people's point of view.</p> <p>Learn to constructively challenge those that they disagree with.</p>	<p>Healthy habits and safe choices.</p> <p>Understand the risks and effects of legal drugs including cigarettes, vaping, alcohol and medicines.</p> <p>Recognise that drug use can become a habit which can be difficult to break.</p>

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