

RSHE Key Stage 2 Overview

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

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