



~A Time for Us~

Year 5 & 6

Health and Wellbeing

Within the topic of Health and Wellbeing we learn about; Healthy Lifestyles, Growing and Changing, and Keeping Safe.

Learning about **Healthy Lifestyles** includes learning about; balanced lifestyles, choices, our health and wellbeing. We consider balanced diets, choices, food, viruses, bacteria and hygiene routines. We discuss habits and drugs; including alcohol, tobacco, medicines and caffeine. We look at what influences us, and links with the media and images and what is reality/fantasy, and true/false.

Learning about **Growing and Changing** includes learning about; our achievements, aspirations, goals, strengths and target-setting. We discuss conflicting emotions, feelings and how to manage our feelings. We explore issues around change, transition, loss, separation, divorce and bereavement. We discuss human reproduction, intercourse, consent, pregnancy and contraception. We also explore the roles and responsibilities of parents and carers. This is linked closely with our Science curriculum.

Learning about **Keeping Safe** includes learning about; risks, dangers, hazards, rules, responsibilities and safety. We discuss pressure, managing pressure and influences linked to the media and our peers. We look at emergency aid, where to get help, how to stay safe. We focus on safety, particularly online safety, with regard to sharing personal information, passwords and images, this includes mobile phones and the safe use of them and our responsibilities, where to get advice, support and who to ask for help.

Relationships

Within the topic of Relationships we learn about; Feelings and Emotions, Healthy Relationships and Valuing Difference.

Learning about **Feelings and Emotions** includes us exploring feelings, empathy and being able to recognise others' feelings. We discuss what confidentiality means and the

difference between secrets and surprises. We talk about personal safety and how to manage dares and challenges.

Learning about **Healthy Relationships** includes discussions about positive relationships including committed loving relationships, civil partnerships, friendships, families, marriage and forced marriage. We discuss how our actions and behaviour have consequences. We talk about physical contact, personal boundaries, privacy and touch, and what is acceptable/unacceptable. We encourage working collaboratively, sharing and having shared goals. We gain an understanding into what dispute, conflict, feedback, negotiation and compromise mean.

Learning about **Valuing Difference** includes discussions around people, identity, and similarities and differences. We discuss equality, stereotypes and discrimination, including bullying and aggressive behaviour. Our discussions promote respect, good listening and encourage sharing of our viewpoints and opinions, considering what those with different viewpoints and opinions might say.

Living in the wider World

Within the topic of Living in the wider world we learn about; Rights and Responsibilities, Taking Care of the Environment and Money.

Learning about **Rights and Responsibilities** includes us taking part in discussions and debates around topical issues, problems and events. We look at resolving difference, share points of view, decisions and choices. We look at laws and rules, including making and changing them. We discuss human rights, women's rights and children's rights and touch upon practices that are against human rights, for example, FGM and anti-slavery. We explore what anti-social behaviour is; discussing aggression, bullying, and discrimination. We talk about our communities and the people within it, finding out more about their values, customs, differences, diversity and identities. We look at media, social media and our responsibilities relating to information sharing and forwarding.

Learning about **Taking care of the environment** includes; learning about our duties and discussions around our choices within our homes, school and local environment. We explore topics around resources and sustainability.

Learning about **Money** includes, learning about the importance of looking after money, including spending, saving, budgeting and managing loans and debts. We also look at why people pay 'tax' to society. We explore enterprise, enterprise skills and learn about entrepreneurs.

