

## Year 5 Time For Us Curriculum Map 2025/2026

	Autumn Term		Spring Term		Summer Term	
Theme	1: Being me in my world	Relationships	Healthy Me	Celebrating Difference	Dreams and Goals	Changing Me
LOs	<ol style="list-style-type: none"> <li>1. I know how to face new challenges positively.</li> <li>2. I understand how to set personal goals.</li> <li>3. I understand the rights and responsibilities associated with being a citizen in the wider community.</li> <li>4. I know how an individual's behaviour can affect a group and the consequences of this.</li> <li>5. I understand how democracy and having a</li> </ol>	<ol style="list-style-type: none"> <li>1. I know that different cultures and backgrounds shape identities.</li> <li>2. I know how to build and maintain positive relationships.</li> <li>3. I know how to recognise and challenge bullying.</li> <li>4. I know how to resolve conflicts in friendships</li> <li>5. I understand</li> </ol>	<ol style="list-style-type: none"> <li>1. I know that it is important to take care of my own mental and physical health.</li> <li>2. I know ways that I can take care of my own mental health.</li> <li>3. I know the risks associated with an unhealthy lifestyle.</li> <li>4. I know how substances, including alcohol,</li> </ol>	<ol style="list-style-type: none"> <li>1. I know that there are different types of discrimination.</li> <li>2. I know how stereotypes can influence expectations.</li> <li>3. I know how to stand up against discrimination.</li> <li>4. I know how to celebrate differences in people.</li> <li>5. I know how to challenge discrimination</li> </ol>	<ol style="list-style-type: none"> <li>1. I know what my personal strengths are.</li> <li>2. I know how to set realistic and challenging goals.</li> <li>3. I know what steps I need to take to achieve my goal.</li> <li>4. I know that people overcome challenges to achieve their goals.</li> <li>5. I know how to work with other people to achieve a shared goal.</li> <li>1. I know some ways in which I can support</li> </ol>	<ol style="list-style-type: none"> <li>1. I know how girls' and boys' bodies change during puberty and the importance of self-care.</li> <li>2. I know how a baby develops from conception to birth.</li> <li>3. I know that sexual intercourse can lead to conception.</li> <li>4. I know that some people need help</li> </ol>

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	<p>voice benefits the school community.</p> <p>6. I understand how to contribute towards the democratic process.</p> <p>7. I know how to show respect for other people's beliefs and opinions.</p> <p>8. I understand how my actions impact my community.</p>	<p>d the impact of peer pressure.</p> <p>6. I know that people can have different views on relationships.</p> <p>7. I know that different types of relationships require different boundaries.</p>	<p>affect the body.</p> <p>5. I know the importance of balanced nutrition and how it contributes to well-being.</p> <p>I know how to stay safe online and use digital communication responsibly.</p>	<p>ion when I see it.</p>	<p>others in achieving their dreams.</p>	<p>to conceive and might use IVF.</p> <p>5. I know how being physically attracted to someone changes the nature of a relationship.</p> <p>6. I know the importance of self-esteem and how I can develop it.</p> <p>7. I know what I am looking forward to and what I am worried about when thinking about</p>
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						transition to secondary school/moving to my next class.
Key Vocab	<ul style="list-style-type: none"> <li>● Democracy</li> <li>● Rights and responsibilities</li> <li>● Influence</li> <li>● Debate</li> <li>● Rules</li> <li>● Inclusion</li> <li>● Participation</li> <li>● Community impact</li> </ul>	<ul style="list-style-type: none"> <li>● Boundaries</li> <li>● Trust</li> <li>● Peer pressure</li> <li>● Social media</li> <li>● Respect</li> <li>● Conflict resolution</li> <li>● Support networks</li> <li>● Online friendships</li> </ul>	<ul style="list-style-type: none"> <li>● Balanced lifestyle</li> <li>● Emotional health</li> <li>● Risk-taking</li> <li>● Substances</li> <li>● Nutrition</li> <li>● Stress management</li> <li>● Digital safety</li> <li>● Healthy choices</li> </ul>	<ul style="list-style-type: none"> <li>● Discrimination</li> <li>● Allyship</li> <li>● Fairness</li> <li>● Bias</li> <li>● Unconscious bias</li> <li>● Respect</li> <li>● Privilege</li> <li>● Equity</li> </ul>	<ul style="list-style-type: none"> <li>● Goal-setting</li> <li>● Growth mindset</li> <li>● Challenges</li> <li>● Overcoming failure</li> <li>● Success</li> <li>● Career aspirations</li> <li>● Teamwork</li> <li>● Hard work</li> </ul>	<ul style="list-style-type: none"> <li>● Puberty</li> <li>● Body changes</li> <li>● Emotional resilience</li> <li>● Relationships</li> <li>● Self-esteem</li> <li>● Attraction</li> <li>● Transition</li> <li>● Support networks</li> </ul>