

	TERM 1		TERM 2A		TERM 2B		TERM 3A		TERM 3B	
	Citizenship		Building good relationships		Thames Young Mariners		Puberty – emotional and physical changes		Health and prevention First aid – Suspected heart attack Body positivity	
	Key knowledge Rules and routines	Key skills Rules and routines	Key knowledge Building good relationships	Key skills Building good relationships	Key knowledge Thames Young Mariners – excursion	Key skills Thames Young Mariners – excursion	Key knowledge Puberty – emotional and physical changes	Key skills Puberty – emotional and physical changes	Key knowledge Health and prevention	Key skills Health and prevention
Y5 Personal Development (PSHE / Relationship, Sex and Health Education)	To know there are rules in the school to help the children remain safe, happy and able to learn.	To be able to follow the group plan.	To know the characteristics of friendships including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.	To be able to discuss what values are important in relationships.	To know it’s natural to feel anxious and/or excited in preparation for Thames Young Mariners.	To be able to take part in outdoor adventurous activity challenges as part of a team and individually.	To know the stages of the human lifecycle from egg to death.	To be able to order and explain the stages of the human lifecycle.	To know physical illness can have early signs such as weight loss or unexplained changes to the body.	Identify the facts and science relating to immunisation and vaccination.
	To know the rules for Year 5 in all areas of the school.	To be able to make expected choices.		To be able to identify positive qualities and expectations for a variety of relationships.	To know personal organisation and time management are extremely important in order to ensure a successful school journey for all.	To be able to evaluate and recognise their successes.	To know gestation is the period of development during the carrying of an embryo, and later a foetus inside animals. It is a different length of time for different animals.	To be able to explain the main physical and emotional changes that happen during puberty.	To know human bodies have many ways to fight disease.	Understand how illness and vaccination help us to fight off future infection.
	Citizenship To know that in a school and in a wider society pupil can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	To be able to follow the rules of Year 5.		To be able to appreciate the importance of friendships in intimate relationships.		To be able to celebrate the successes of others and themselves.	To know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	To be able to ask questions about puberty with confidence.	To know the first line of defence is the physical barrier of skin and the hair and mucus in our noses.	To be able to explain how bacteria and germs are spread and treated.
	To know with rights come responsibilities.	To be able to speak to a trusted adult if they do not feel safe in school or at home.		To be able to recognise who to trust and who not to trust.	To know listening to instructions is vitally important, particularly when taking part in activity on the water.	To be able to communicate and collaborate as part of a team.		To be able to explore the impact of puberty on the body and the importance of physical hygiene.	To know if bacteria or viruses get inside our body, this is called an infection.	
	To know citizenship is protected by law.	To be able to use video clips, interpret what it means to be a good citizen at school and within the wider community.		To be able to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict.	To know our school values will be important at different times over the week (self-belief, responsibility, resilience, integrity, curiosity, responsibility, positivity, empathy, creativity).	To be able to take safe risks.	To know physical change for girls includes: getting taller, hips widening, pubic hair growing, hair growing on arms and legs, hair growing under armpits, menstruation starting, hair becoming oilier, skin becomes greasier, breasts growing and sweat glands producing more sweat, white discharge coming out of the vagina.	To be able to ask questions about puberty with confidence.	To know we fight infection with our immune system, which uses white blood cells to destroy bacteria and viruses.	Be able to offer support to someone with a suspected heart attack by - comforting them emotionally by reassuring them.
	To know you can be a good citizen of your class, your cohort, your phase, your school, your community and of the world.	To be able to use video, identify the key rights of the child based on the United Nations Convention on the Rights of the Child.		To be able to seek help or advice from others, if needed.		To be able to demonstrate the school values.		To be able to explore ways to get support during puberty.	To know fighting off illness enables our bodies to learn how to destroy that specific virus or bacteria and we are better able to fight the same infection next time. This is called immunity.	- comforting them physically by sitting them down and leaning them against something firm.
	To know children have lots of rights, such as the right to an education, to have freedom of thought and to be protected.	To be able to develop a new skill for the gold award.		To be able to give advice in different scenarios to children who need support with friendships.		To be able to identify emotions that you’re feeling.		To be able to understand that menstruation and wet dreams are a normal part of growing up.		- bending their knees.
	To know being a good citizen links to the British values (democracy, rule of law, respect and tolerance, individual liberty).	To be able to reflect on personal successes and progress towards achieving Bronze, Silver and Gold citizenship awards.				To be able to take safe risks.		To be able to ask questions about menstruation and wet dreams.	To know we can also gain immunity from vaccines. Different vaccines work in different ways but they all teach our bodies how to destroy the real bacteria or virus if it attacks in the future.	- not letting them eat or drink.
		To be able to demonstrate how they are a good citizen of the school.				To be able to display expected behaviours.		To be able to describe how to manage periods and wet dreams.	First aid – Suspected heart attack To know call 999 or 112 in an emergency.	- calling an ambulance 999 or 112 – don’t waste time.
								To be able to use the correct names for reproductive organs.	First aid – Suspected heart attack To know call 999 or 112 in an emergency.	Body positivity To be able to change the topic if you feel uncomfortable or think someone else does.
									To know the heart pumps blood around the body and ensures you have enough oxygen.	To be able to recognise signs that someone else feels uncomfortable with a conversation.
									To know a heart attack is when blood flow to the heart is blocked.	

						<p>To know periods or menstruation is a monthly bleeding that a girl starts during puberty.</p> <p>To know a wet dream is when a boy ejaculates sperm from his penis during sleep. It is perfectly normal.</p> <p>To know as children go through puberty they need to start looking after their personal hygiene more.</p> <p>To know there are many options for girls when they are menstruating, such as sanitary pads, tampons, menstruation cups and pantyliners.</p>		<p>To know a sudden cardiac arrest is when the heart malfunctions and suddenly stops beating unexpectedly.</p> <p>To know signs of a heart attack: pale, sweaty, hold chest, chest pain, pain in arms, throat, neck, jaw, back or stomach, light headed, sick/nauseous, dizzy, tiredness and weakness, short of breath.</p> <p>Body positivity To know everybody looks different. We are all special and unique.</p> <p>To know comparing how you look with someone else isn’t always helpful.</p> <p>To know people don’t always want to hear comments about how they look, even if it’s a compliment.</p>	
<p>Key vocabulary Rules and routines assembly classroom expected behaviour help playground respect routines rules safe transitions trust unexpected behaviour values</p>	<p>Citizenship British values citizen responsibilities rights successes</p>	<p>Building good relationships conflict friendships healthy relationships respectful trust</p>	<p>Thames Young Mariners – overnight excursion anxious celebrate collaboration creativity curiosity empathy expected behaviours integrity listening organisation positivity resilience responsibility risks safety self-belief successes</p>	<p>Body positivity body confidence body talk comparing compliments conversation insult positive thoughts society</p>	<p>Puberty – emotional and physical changes adult baby child egg elderly adult embryo hormones hygiene larynx lifecycle menstrual cup menstrual wellbeing menstruation penis period period pants puberty pubic hair reproduction sanitary pads scrotum sperm tampon teen testes toddler vagina wet dreams</p>	<p>Health and prevention healthy immune system immunisation unhealthy vaccination weight white blood cells</p>	<p>First aid – Suspected heart attack airways arteries breathing cardiac arrest comfort CPR danger heart heart attack lungs response shortness of breath shout veins</p>		