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| **Year 5** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Curriculum Topic** | Being Me in the World | Celebrating differences | Dreams and Goals | Healthy Me | Relationships | Changing me |
| **Objectives to cover** | * Planning the forthcoming year
* Being a citizen
* Rights and responsibilities
* Rewards and consequences
* How behaviour affects groups
* Democracy, having a voice, participating
 | * Cultural differences and how they can cause conflict
* Racism
* Rumours and name-calling
* Types of bullying
* Material wealth and happiness
* Enjoying and respecting other cultures
 | * Future dreams
* The importance of money
* Jobs and careers
* Dream job and how to get there
* Goals in different cultures
* Supporting others (charity)
* Motivation
 | * Smoking, including vaping
* Alcohol
* Alcohol and anti-social behaviour
* Emergency aid
* Body image
* Relationships with food
* Healthy choices
* Motivation and behaviour
 | * Self-recognition and self-worth
* Building self-esteem
* Safer online communities
* Rights and responsibilities online
* Online gaming and gambling
* Reducing screen time
* Dangers of online grooming
* SMARRT internet safety rules
 | * Self and body images
* Influence of online and media on body image
* Puberty for girls
* Puberty for boys
* Growing responsibility
* Coping with change
* Preparing for transition
 |
| LQ1 | How can I face new challenges positively and know how to set personal goals? | How can I understand that cultural differences sometimes cause conflict? | How can I understand that I will need money to help me achieve some of my dreams? | How do I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart? | How can I get an accurate picture of who I am as a person in terms of my characteristics and personal qualities? | How do I understand my own self-image and how my body image fits into that? |
| LQ2 | How can I understand rights and responsibilities as a citizen of my country? | How can I understand what racism is? | How can I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs? | How do I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart? | How can I understand that belonging to an online community can have positive and negative consequences? | How can I explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally?  |
| LQ3  | How can I understand my rights and responsibilities as a citizen of my country and as a member of my school? | How can I understand how rumour-spreading and name-calling can be bullying behaviours? | How can I identify a job I would like to do when I grow up and understand what motivates me? | How do I know and can put into practice emergency aid procedures and know how to get help in emergency situations? | How can I understand there are rights and responsibilities in an online community or social network? | How can I describe how boys’ and girls’ bodies change during puberty? |
| LQ4 | How can I make choices about my own behaviour because I understand how rewards and consequences feel? | How can I explain the difference between direct and indirect types of bullying? | How can I describe the dreams and goals of young people in a culture different to mine? | How can I understand how the media, social media and celebrity culture promotes certain body types? | How do I know there are rights and responsibilities when playing a game online? | How can I identify what I am looking forward to and about becoming a teenager and understand this brings growing responsibilities? |
| LQ5 | How can I understand how an individual’s behaviour can impact on a group? | How can I compare my life with people in the developing world? | How can I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other? | How can I describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures? | How can I recognise when I am spending too much time using devices? | How can I identify what I am looking forward to when I move to my next class?  |
| LQ6 | How can I understand how democracy and having a voice benefits the school community? | How can I understand a different culture from my own? | How can I encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this? | How do I know what makes a healthy lifestyle including eating and the choices I need to make to be healthy and happy? | How can I explain how to stay safe when using technology to communicate with my friends? |  |