Year 5

Area	Topic	Learning	Notes and references
Relationships	**Families and friendships** Managing friendships and peer influence	• what makes a healthy friendship and how they make people feel included • strategies to help someone feel included • peer influence and how it can make people feel or behave • the impact of the need for peer approval in different situations, including online • strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication • that it is common for friendships to experience challenges • strategies to positively resolve disputes and reconcile differences in friendships • that friendships can change over time and the benefits of having new and different types of friends • how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable • when and how to seek support in relation to friendships	
	Safe relationships Physical contact and feeling safe	• to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations • how to ask for, give and not give permission for physical contact • how it feels in a person's mind and body when they are uncomfortable • that it is never someone's fault if they have experienced unacceptable contact • how to respond to unwanted or unacceptable physical contact • that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about • whom to tell if they are concerned about unwanted physical contact	
	Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination	• to recognise that everyone should be treated equally • why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own • what discrimination means and different types of discrimination e.g. racism, sexism, homophobia • to identify online bullying and discrimination of groups or individuals e.g. trolling and harassment • the impact of discrimination on individuals, groups and wider society • ways to safely challenge discrimination • how to report discrimination online	Computing- Esafety

Living in the wider world	**Belonging to a community** Protecting the environment; compassion towards others	- how resources are allocated and the effect this has on individuals, communities and the environment - the importance of protecting the environment and how everyday actions can either support or damage it - how to show compassion for the environment, animals and other living things - about the way that money is spent and how it affects the environment - to express their own opinions about their responsibility towards the environment	Human geography
	Media literacy and Digital resilience How information online is targeted; different media types, their role and impact	- to identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise - basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased. E.g. Fake news - that some media and online content promote stereotypes - how to assess which search results are more reliable than others - to recognise unsafe or suspicious content online - how devices store and share information	Computing- Esafety English
	Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotypes	- to identify jobs that they might like to do in the future - about the role ambition can play in achieving a future career - how or why someone might choose a certain career - about what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values - the importance of diversity and inclusion to promote people's career opportunities - about stereotyping in the workplace, its impact and how to challenge it - that there is a variety of routes into work e.g. college, apprenticeships, university, training	
Health and wellbeing	**Physical health and Mental wellbeing** Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	- how sleep contributes to a healthy lifestyle - healthy sleep strategies and how to maintain them - about the benefits of being outdoors and in the sun for physical and mental health - how to manage risk in relation to sun exposure, including skin damage and heat stroke - how medicines can contribute to health and how allergies can be managed - that some diseases can be prevented by vaccinations and immunisations - that bacteria and viruses can affect health - how they can prevent the spread of bacteria and viruses with everyday hygiene routines - to recognise the shared responsibility of keeping a clean environment	Science
	Growing and changing	about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes	RE

	Personal identity; recognising individuality and different qualities; mental wellbeing	• that for some people their gender identity does not correspond with their biological sex • how to recognise, respect and express their individuality and personal qualities • ways to boost their mood and improve emotional wellbeing • about the link between participating in interests, hobbies and community groups and mental wellbeing	
	Keeping safe Keeping safe in different situations, including responding in emergencies, first aid and FGM	• to identify when situations are becoming risky, unsafe or an emergency • to identify occasions where they can help take responsibility for their own safety • to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour • how to deal with common injuries using basic first aid techniques • how to respond in an emergency, including when and how to contact different emergency services	

Defined end points:
Relationships: To know what discrimination means and different types of discrimination e.g. racism, sexism, homophobia
Living in the wider world: To understand the role of ambition in achieving a future career and how people's decisions may be influenced by different factors
Health and wellbeing: To know how to deal with common injuries using basic first aid techniques and know how to respond in an emergency.
Esafety: To use basic techniques to assess whether online content is fact or opinion and understand that some people they encounter online may not be trustworthy.