

Suggested long-term plan: RSE & PSHE

Overview - Upper key stage 2

Year 5

<p>Autumn 1</p>	<p><u>How can I support my mind and body as I grow?</u></p> <p>7 lessons</p> <p>Exploring healthy choices by reading traffic light food labels, understanding physical activity and recognising how emotions can affect the body and mind. Pupils apply their understanding by evaluating food and activity choices, practising strategies to manage strong feelings and identifying ways to seek support for mental health and wellbeing.</p>	<p>Autumn 2</p>	<p><u>Connecting with others: Why are healthy relationships important?</u></p> <p>7 lessons</p> <p>Developing understanding of identity, family relationships and friendships by exploring how values, commitment, support, communication and assertiveness help to build and maintain respectful, healthy connections with others.</p>
<p>Spring 1</p>	<p><u>The online world: How am I influenced by what I see online?</u></p> <p>7 lessons</p> <p>Exploring how online trends, adverts and influencers can shape behaviour and choices, including recognising misleading information and making informed, safe choices.</p>	<p>Spring 2</p>	<p>Citizenship: How can we make a difference in our communities and beyond?</p>
<p>Summer 1</p>	<p><u>Growing up: How can I manage the changes to my body and emotions as I grow up?</u></p> <p>7 lessons</p>	<p>Summer 2</p>	<p>Citizenship: How can we be in control of our money?</p>

	Learning about the physical and emotional changes of puberty, including periods, hygiene and personal boundaries, to support healthy development and respectful relationships.		
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