

Relationships and Changing Me

Year 5 Summer 1						
	Learning Step 1	Learning Step 2	Learning Step 3	Learning Step 4	Learning Step 5	Learning Step 6
Learning Objective	<ul style="list-style-type: none"> <li>• how sleep contributes to a healthy lifestyle</li> <li>• healthy sleep strategies and how to maintain them</li> </ul>	<ul style="list-style-type: none"> <li>• about the benefits of being outdoors and in the sun for physical and mental health</li> <li>• how to manage risk in relation to sun exposure, including skin damage and heat stroke</li> </ul>	<ul style="list-style-type: none"> <li>• how medicines can contribute to health and how allergies can be managed</li> <li>• that some diseases can be prevented by vaccinations and immunisations</li> </ul>	<ul style="list-style-type: none"> <li>• that bacteria and viruses can affect health</li> <li>• how they can prevent the spread of bacteria and viruses with everyday hygiene routines</li> <li>• to recognise the shared responsibility of keeping a clean environment</li> </ul>	British Values explicit teaching	British Values explicit teaching
Key Vocab	healthy lifestyle	sun safety		bacteria, viruses		

Year 5 Summer 2						
	Learning Step 1	Learning Step 2	Learning Step 3	Learning Step 4	Learning Step 5	Learning Step 6
Learning Objective	<ul style="list-style-type: none"> <li>• about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes</li> </ul>	<ul style="list-style-type: none"> <li>• that for some people their gender identity does not correspond with their biological sex</li> <li>• how to recognise, respect and express their individuality and personal qualities</li> </ul>	<ul style="list-style-type: none"> <li>• ways to boost their mood and improve emotional wellbeing</li> <li>• about the link between participating in interests, hobbies and community groups and mental wellbeing</li> </ul>	Revisit Year 4 puberty objectives, as they may have become more topical for some pupils	British Values explicit teaching	British Values explicit teaching
Key Vocab	personal identity	gender, individuality		puberty, menstruation, genitalia, breasts, pubic hair, personal hygiene		

Vocabulary encountered in previous year group may/will be referred to as part of our spiral curriculum, which revisits previous concepts.