

Year 5 Cycle 2020-2021	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
THEME	Health and Well-being/ Keeping Safe	Health and Wellbeing / Healthy Relationships	Healthy Lifestyles/ Keeping Safe	Healthy Lifestyles/ Keeping Safe	Relationships	Health and Wellbeing <i>(Growing and changing / Feelings and emotions)</i>
W1	Communication	Relationship cake Recipe	Smoking – what is normal?	Independence and responsibility	Help I’m a teenager	Different Skills
W2	Being assertive	How good a friend	Getting fit	Our emotional needs	Taking notice of feelings	How are they feeling
W3	Spot bullying	Dear Ash	It all adds up	Would you risk it?	Stop/start stereotypes	Growing up and changing bodies
W4	Would you?	Ella’s Diary	Thinking about habits	Drugs – True or false	Qualities of friendships	Dear Hetty
W5	Collaboration Challenge	Is it true?	Jay’s Dilemma	Decision Dilemma	Kind conversations	Changing bodies
W6	Glue and take			Keeping Safe		

PSHCE – Use the following link to find the named lesson. <https://www.coramlifeeducation.org.uk/scarf/sign-in/>

Please feel free to make the lessons suit your class and pick the activities that you deem appropriate.