

Year 5

Unit of Work	Objectives Covered	Date Covered
<u>My healthy self: How can I support my mind and body as I grow?</u>	L1 – What do food labels really tell us? L2 – How active am I and how can I move more? L3 – What are the different types of physical activity and how do they affect us? L4 – How can I recognise complex feelings? L5 – How can I respond to strong and complex feelings? L6 – How can we tell when someone might need support with their mental health?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Connecting with others: Why are healthy relationships important?</u>	L1 – What makes me who I am? L2 – How do families show commitment to each other? L3 – How can families support and protect each other? L4 – What helps us make and maintain healthy friendships? L5 – How can we manage challenges in friendships? L6 – How can I be assertive and respectful?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>The online world: How am I influenced by what I see online?</u>	L1 – How do adverts try to influence us online? L2 – How are adverts chosen for me online? L3 – How else am I influenced online? L4 – How do online trends shape our choices offline? L5 – How does what we see online influence our viewpoints?	L1 - L2 - L3 - L4 - L5 - L6 -

Year 5

	L6 – How can some online messages be misleading?	
<u>Citizenship – How can we make a difference in our communities and beyond?</u>	L1 – How can we show care for others? L2 – How do people contribute to the community? L3 – How does the UK Government work? L4 – What is the role of a local councillor? L5 – What are pressure groups? L6 – How can people influence the decisions made by the government?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Growing up: How can I manage the changes to my body and emotions as I grow up?</u>	L1 – How will my body grow during puberty? L2 – How can I keep myself clean and hygienic? L3 – How can we treat others with kindness during puberty? L4 – How can we treat others with kindness during puberty? L5 – What is a period? L6 – How can I challenge behaviour which crosses personal boundaries?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Citizenship: How can we be in control of our money?</u>	L1 – L2 – L3 – L4 – L5 – L6 –	L1 - L2 - L3 - L4 - L5 - L6 -