

Sleep and relaxation

We learn that sleep is important for health and we talk about how we can relax before bed. We learn relaxation and breathing techniques in the yoga Zen Den.



Healthy eating

We learn that the Eatwell guide shows the proportion of foods that are needed to form a balanced diet. We keep a food diary for 2 days and reflect on the proportion of different food groups they eat.

Mental Health and Wellbeing

We learn about about mental health; what it means and how we can take care of it. We explain what is meant by the term 'mental health' and we identify everyday behaviours that can help to support mental (and physical) health. We recognise that we can take care of our mental health (as well as our physical health). We explore the concept of gratitude

Friendship and Bullying

We learn that we are all different and that there are protected characteristics. We learn that it is unacceptable to discriminate against anyone on the grounds of age, race, disability, religion/belief, sex, gender, sexual orientation, marriage/civil partnership and Maternity.

RSHE Scheme of Work Year 5

Physical activity

Pupils learn that there is a direct relationship between physical activity and obesity. We learn about how much energy is expended when we exercise and how much energy we consume in terms of calories. We make the link between how much exercise we need to do in order to burn off certain foods.



Online safety

We gain a greater understanding of the impact that sharing digital content can have. We review sources of support when using technology and our responsibility to one another in their online behaviour. We know how to maintain secure passwords. We understand the advantages, disadvantages, permissions and purposes of altering an image digitally and the reasons for this. We are aware of appropriate and inappropriate text, photographs and videos and the impact of sharing these online. We learn about how to reference sources in our work. We search the Internet with a consideration for the reliability of the results of sources and we check validity and understand the impact of incorrect information.



Oral Health

We learn that they have different types of teeth in their mouths and that these all have different functions. They compare the function of their teeth to other animals. Children learn that they need all their different types of teeth in everyday life.

Drugs and Alcohol

We learn to identify reasons why children and young people might take risks or try new things. We know what solvents are and the effects and risks of inhaling solvents.

