

RSE AND PSHE

MIXED AGE Y5 AND Y6 CYCLE A AND CYCLE B

Small steps sequences are shown in each unit on Kapow for
Cycle A and Cycle B

I can statements, assessments and differentiation between Y5
and Y6 activities for each unit can be found in the pdf with each
lesson.

Note: Due to the nature of the lessons and the discussions had within, the lessons may run on to the next half term, but all lessons should be completed within the year.

	Families and relationships		Health and wellbeing	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Introduction lesson: Setting rules and signposting*	Introduction lesson: Setting rules and signposting*	Relaxation - yoga	Relaxation - mindfulness
2	Build a friend - what makes a good friend	Friendship skills	The importance of rest	What can I be?.
3	Respect*	Respect*	Embracing failure	Taking responsibility for my health
4	Respecting myself	Resolving conflict	Going for goals	The impact of technology on health
5	Marriage	Family life	Taking responsibility for my feelings	Resilience toolbox
6	Bullying	Stereotyping	Healthy meals	Immunisation
7	Stereotyping	Challenging stereotypes	Sun safety	Physical health concerns
8	Challenging stereotypes	Change and loss		Good and bad habits

	Safety and the changing body		Citizenship	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Online friendships	Critical digital consumers	Breaking the law	Pressure groups
2	Staying safe online	Social media	Prejudice and discrimination	Valuing diversity
3	First Aid: Choking	First Aid: Bleeding	Protecting the planet	Food choices and the environment
4	Alcohol	First Aid: Basic life support	Contributing to the community	Caring for others
5	Drugs, alcohol and tobacco: Influences	Year 5: Puberty Year 6: Physical and emotional changes of puberty	Rights and responsibilities*	Rights and responsibilities*
6	Year 5: Puberty Year 6: Physical and emotional changes of puberty	Year 5: Menstruation <u>Year 6: Conception</u>	Parliament and national democracy*	Parliament and national democracy*
7	Year 5: Menstruation <u>Year 6: Conception</u>	Year 5: Emotional changes in puberty <u>Year 6: Pregnancy and birth</u>		
8	Year 5: Emotional changes in puberty <u>Year 6: Pregnancy and birth</u>			

Economic wellbeing		
	Cycle A	Cycle B
1	Borrowing	Attitudes to money
2	Income and expenditure	Keeping money safe
3	Prioritising spending	Stereotypes in the workplace
4	Risks with money	Gambling
5	Careers*	Careers*
Identity		
	Cycle A	Cycle B
1	Year 6: What is identity?	Year 6: What is identity?
2	Year 6: Identity and body image	Year 6: Identity and body image
Transition lesson		
	Cycle A	Cycle B
1	Roles and responsibilities*	Roles and responsibilities*

Big Question: *What is family?*



Year 5 - Families and relationships

Attributes	Qualities or characteristics that make up someone's personality.
Bullying	To cause repeated physical or emotional pain to somebody.
Bystander	Someone who watches something happening without getting involved.
Cyberbullying	Bullying that occurs through the internet.
Marriage	The legal commitment of two people to each other which is intended to be lifelong.
Secret	Something which is not meant to be known or seen by anyone.
Wedding	The ceremony which celebrates the marriage of two people.

Key facts

There are many qualities which make a good friend.



Problems in friendships can be overcome and sometimes the friendship can be stronger afterwards.



People can decide if they want to get married or not.



Everyone is different and it is important to recognise our positive attributes.



Some people bully others because they have their own problems and they need help and support to overcome their problems.

If we are aware of bullying, it is important to try and help and not be a bystander.

Getting help

- Talk to an adult you trust, this could be:
- someone at school e.g. teacher
 - someone at home e.g. parent or older siblings
 - another relative e.g. grandparent or aunt/uncle
 - someone at a club or organisation you attend e.g. sports coach

Contact: Childline
www.childline.org | 0800 1111
 Calls DO NOT show on the phone bill.



Sometimes families experience problems and there are people who can help.



If we are worried about something which is happening to us or a friend, we should talk to an adult we trust.

Year 6 - Families and relationships

Authority	A person with high status and decision making power.
Conflict	A disagreement or argument.
Earn	To gain something like respect by showing others that you are a good, trustworthy person.
Conflict	Anticipating that something will happen a certain way.
Authority	Feelings of sadness experienced after someone's death.
Grieving	A period of sadness that someone experiences when someone close to them dies.
Resolve	To find a solution to a problem.
Respect	Being thoughtful and polite towards other people.
Stereotype	A view or idea about something, often someone, which is often untrue.



Grief is a process we go through when someone dies (or we no longer see them for another reason).

Grief is different for everyone and we might need support from other people to help us deal with it.

Getting help

Talk to an adult you trust, this could be:

- someone at school e.g. teacher
- someone at home e.g. parent or older siblings
- another relative e.g. grandparent or aunty/uncle
- someone at a club or organisation you attend e.g. sports coach.

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Key facts

Sometimes people might lose your respect but this can be returned if they change their behaviours.



Respect is an important part of relationships and we need to show others respect if we want them to respect us.

Stereotyping can happen when people have limited information about a person or group of people.



Stereotypes can have negative consequences but they can be challenged.

Conflicts can happen between people but there are strategies we can use to overcome these.



Big Question: What does it mean to have a happy and fulfilling life?

Year 5 - Health and wellbeing

Fail	To be unsuccessful in achieving a goal.
Goal	Something you want to achieve.
Protect	To keep someone safe from something.
Relaxation	Doing calming activities such as having a bath or reading a book.
Responsibility	Being in charge of our own actions.
Steps	To do what is necessary to reach a goal.

Health tips



Establish good habits for sleeping.



Remember: "If at first you don't succeed, try, try and try again."



Write down your goals and the steps you need to get there.



Try to have a balance of food groups in each meal or across the day.

Getting help

If you are worried about your health, talk to an adult you trust or your doctor.

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www.childline.org | 0800 1111
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Key facts

Kapow
Primary



There are things we can do to look after our mental health, such as yoga.



Sleep is an important part of keeping healthy.

As we get older, we take on more responsibility for our own health.

Finding things hard and failing can feel uncomfortable but they are part of learning.



Having goals can help us achieve things and we will sometimes need to break these down into steps.

We all experience different feelings and we can decide how we are going to react to them.



When we plan a meal, we need to try and include all the food groups which keep us healthy.



UV rays from the sun can damage our skin if we don't protect ourselves.

Year 6 - Health and wellbeing

Growth mindset	Believing that we can achieve things if we work hard. 'I can't do it YET!'
Habit	A repeated action.
Qualities	The personality traits that make someone who they are.
Responsibility	Being in charge of our own actions.
Skill	The ability to do something well.
Vaccination	An injection that gives us a very mild form of the disease and allows our bodies to develop antibodies to protect us from that disease.

Health tips



Decide which relaxation methods work best for you.



If you notice changes in your body or you feel unwell, talk to an adult you trust or the doctor.



Using a tracker might help to start a good habit.

Getting help

If you are worried about your health, talk to an adult you trust.

As a child it is best to see a doctor with your parent and carer but you can go on your own if you are really worried about something.

Contact: Childline
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Key facts

We can decide what type of person we want to be and we can develop skills and qualities to achieve this.



Meditation and mindfulness can help us to relax.



Lots of things contribute to keeping our bodies healthy including diet, exercise and sleep.

As we get older, we will make our own choices and have responsibility for our health.

There are strategies we can use to improve our resilience.



Vaccinations prevent us from getting diseases which can make us very ill or could kill us.



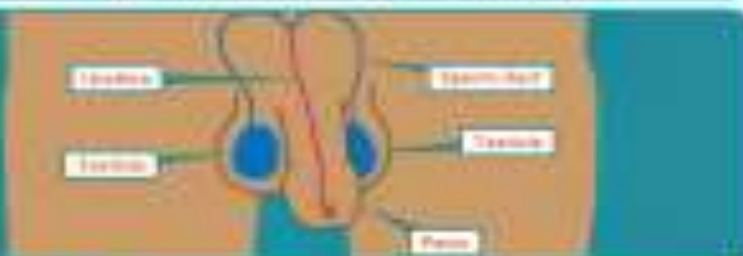
We can have good and bad habits. It can be hard to start good habits and to stop bad habits.

Big Question: What does healthy look like?

Year 5 - Safety and the changing body

Genitals

The external sex organs. The word genital is used for both males and females.



Emerging

When a male's penis becomes hard and upright.

Ejaculation

When the penis becomes erect and sperm come out of the body.

Penis

The male external sex organ.

Scrotum

The pouch which hangs behind the male's penis and contains the testes.

Urethra/Urethra

The tube sperm travels through.

Testis/Testes

Produces sperm and male sex hormones.

Hot airways

Ejaculation which happens when a boy is asleep.

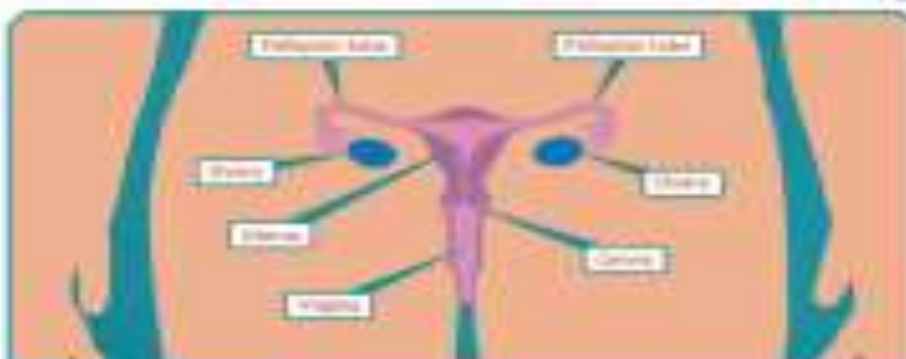
Key concepts

We should not share people we meet online or give our name or home we have met in person. It is very important to be careful with the information that we share with them.



Our feelings and emotions are always quietly talking.

Kapow Primary



Breasts

Enlarged soft parts of a female's chest which produce milk for a baby.

Menstruation / period

The shedding of the womb's lining each month which causes bleeding.

Ovary / ovaries

On each side of the womb and release egg each month.

Vagina

The tube inside a female which connects the womb to the outside.

Fallopian tube

The tube which connects the ovaries to the womb.

Labia

The folds of skin on the external female genitalia (vulva).

Nipples

On the chest of males and the breasts of females. In females, a baby can suck milk from the nipple.

Womb / uterus

The place in a female where a baby grows during pregnancy.

Vulva

The external female sex organs.



THINK

Before sending online messages,
remember:

- T** - Is it **true**?
- H** - Is it **helpful**?
- I** - Is it **inspiring**?
- N** - Is it **necessary**?
- K** - Is it **kind**?

Kapow
Primary

Getting help

In an emergency,
call **111** or **999**.

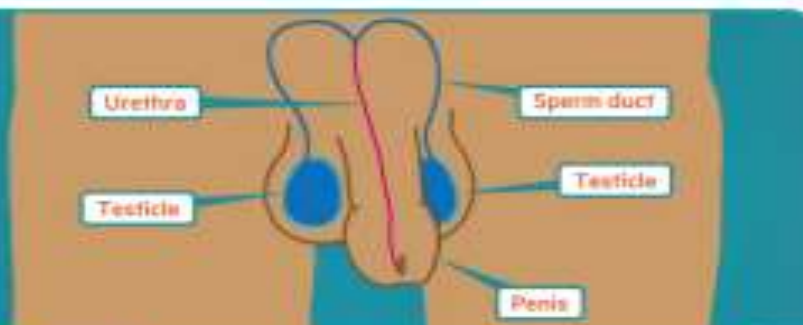
If you are worried about
something, talk to an
adult you trust.

Contact: Childline
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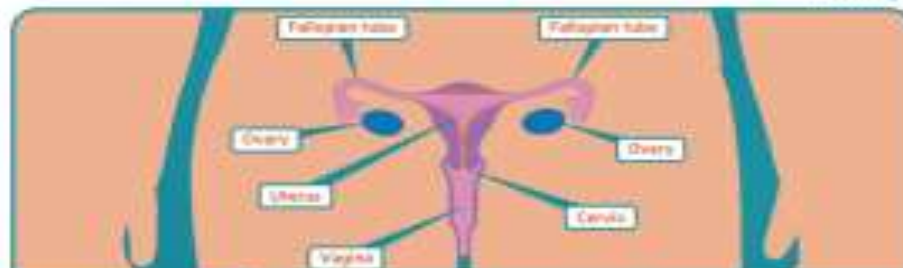


Year 6 - Safety and the changing body

Alcohol	A drink that can cause people to become drunk which can make people lose control of their behaviour.
Cyberbullying	Bullying that occurs through the internet.
Internet trolling	Posting rude, inappropriate or unkind things online with the intent of upsetting others.



Ejaculation:	When the penis becomes erect and sperm come out of the body.
Erection	When a male's penis becomes hard and upright.
Penis	The male external sex organ.
Scrotum	The pouch which hangs behind the male's penis and contain the testes.
Sexual Intercourse	Where a male inserts his penis into the female's vagina.
Sperm	The male sex cell made in the testicles.
Sperm duct	The tube sperm travels through.
Testicles / testes	Produce sperm and male sex hormones.
Wet dreams	Ejaculation which happens when a boy is asleep.



Conception	Another word for fertilization.
Egg / ova	Produced by females in the ovary.
Fallopian tube	The tube which connects the ovaries to the womb/uterus.
Fertilization	When a male sperm joins a female egg and a baby starts to grow.
Labia	The folds of skin on the external female genitals (vulva).
Menstruation / period	The shedding of the womb/uterus lining each month which causes bleeding.
Nipples	On the chest of males and the breasts of females. In females, a baby can suck milk from the nipple.
Ovary / ovaries	On each side of the womb and release eggs each month.
Pregnant	When a woman has a baby developing in her womb.
Uterus / womb	The place in a female where a baby grows during pregnancy.
Vagina	The tube inside a female which connects the womb to the outside.
Vulva	The external female sex organs.

Key concepts

Adults decide if they want to drink alcohol or not. There are risks related to drinking alcohol.

If someone is choking, we can help with back blows or tummy thrusts.

If someone is unresponsive but breathing, we should put them in the recovery position.



Respecting people online is as important as respecting them face to face.



THINK

Before sending online messages, remember:

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- H** - Is it **helpful**?
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- N** - Is it **necessary**?
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Kapow
Primary

Getting help

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Big Question: *What does it mean to be an active member of the community?*

Year 5 - Citizenship

Defendant	Person accused of committing a crime.
Environment	The local surroundings or place a person lives or works in.
Freedom of Expression	The right to express thoughts and opinions and to access all kinds of information, as long as it is within the law.
Government	The elected party who govern and make decisions for the country.
House of Commons	Where the Members of Parliament debate laws and issues that relate to our country.
Human Rights	Specific rights which belong to every person.
Judge	Listens to both sides of a court case (the defence and the prosecution) and makes the final decision as to whether the defendant is guilty of what they are being accused of.
Jury	A group of people taken at random who look at evidence in a criminal case and help decide whether or not the defendant is guilty or not guilty.
Member of Parliament (MP)	A person who has been elected by vote to represent people from a specific area in the House of Commons.
Parliament	Where the laws of our country are decided. It is made up of the House of Lords and the House of Commons.
Pressure Group	Act to change the opinions or activities of people and try to influence government policy or legislation.
Prime Minister	Leads the government.
Trial	The examination of evidence by a judge and usually a jury, in order to decide whether or not the defendant is guilty or not.

Key facts

There are 650,000 in Parliament and are there to help the country run smoothly.

People who want the law are known as the police and they go to court for trial.

We have the right to express our opinions but we also have a responsibility not to harm or hurt other people.

Parliament is made up of the House of Commons and the House of Lords.

The Government are made up people that decide how the country will be run and make laws.

Pressure groups are joined by people who feel strongly about an issue and want to make changes.

It is important that pressure groups use legal methods in trying about change, for example having information and talking to politicians.

Reuse
 Reduce
 Recycle

The RARE strategy shows that reducing our use of materials and energy is the best thing of be sustainable.

Some individuals make a significant contribution to the wider community and this can be rewarded in a number of ways.

Year 6 - Citizenship

Concern	Something that makes you feel worried or anxious.
Discrimination	Treating someone differently because of certain factors.
Environment	The local surroundings or place a person lives or works in.
Government	The elected party who govern and make decisions for the country.
Human Rights	Specific rights which belong to every person.
Ministry	The Prime Minister chooses MPs to be Ministers.
Prejudice	Making assumptions about someone based on certain information.
Prime Minister	Leads the government.
Protected Characteristics	The groups identified in the Equality Act.
United Nations	An international organization founded in 1945 after World War 2 which aims to maintain international peace and security, human rights and better standards of living.

Key facts

Human rights are for everyone and they affect us every day.

The right to an education is a human right. In some countries this right is not available for everyone and people are trying to change this.



The food we eat can be an issue in the environment.

Individuals and governments can make changes around food to help the environment.



Gender and discrimination can happen to a number of groups, such as age, sex, race or religion.



We can challenge gender and discrimination but we have not got the law to allow us to do so.

The Equality Act is the law which helps to stop discrimination.



The government and Ministers who are responsible for different things, such as health and education.

We can be worried about certain people or issues and we can take action to help.



Big Question: Is everything equally important?

Year 5 - Economic Wellbeing

Budget	A specific and limited amount of money you have to manage or spend.
Discrimination	Treating someone differently because of certain factors, such as the way they look or where they live.
Expenditure	Money going out - spend.
Income	Money coming in - earned or received.
Interest	An amount of money a bank or building society will pay for you to keep your money with them. Or charge you if you borrow money from them.
Repayment	Giving back money you have borrowed.
Revenue	A view or idea about something, often someone, which is often written.

Sometimes people can experience discrimination at work, but help is available either at work or from other organisations.



Key facts



People sometimes borrow money and if they do this needs to be paid back.



Borrowing money usually has a cost, when an interest charge is put on the money that you borrow.

Knowing when and how much you spend and how to budget can help you manage.

How we spend money can have little, such as buying something we don't need or don't use.



Having a budget can help us manage our money.

Year 6 - Economic Wellbeing

Career	A job in one area of work that is undertaken for a long period of time.
PIN	Personal Identification Number. A private set of numbers used to access a bank account.
Qualification	The skills or experience you have.

There are lots of different jobs available and people usually do a job they enjoy and they are interested in.



It is a good idea to find out as much as you can about the jobs you are interested in so you can get the right qualifications and experience.

There are different ways to get the qualifications needed for jobs.

People sometimes change their career.

Key facts

Kapow
Primary



People have different attitudes to money, for example some people find it easy to save and others spend everything they have.



Banks and building societies are a safe place to keep money, however we are responsible for keeping our accounts secure.

Y6 – RSE & PSHE CYCLE A/B - Summer 1 - IDENTITY

KEY DRIVER: Fellowship (*Dignity & Community*)

Big Question: Are we all really that different?

Lesson 1 - to help children deal with their identity, how to cope with being different to others, to understand how others might see them differently to how they believe they are.

Lesson 2 – to help children understand how the media can manipulate images, how images can be unrealistic, how looking at these images constantly may be harmful.

Y5/6 – RSE & PSHE CYCLE A/B – Summer 2 - TRANSITION

KEY DRIVER: Resilience (*Wisdom & Dignity*)

Big Question: How many different emotions do you feel in one day?

Y5 - This lesson is to help the children understand the responsibilities in taking on a larger role in school life when moving into Y6 and how to develop those responsibilities.

Y6 – This lesson is to help the children understand the big change from Y6 to Y7 and the opportunities/worries this can bring. To learn some strategies to help with anxiety if this occurs.

