

YEAR 5	
Family and relationships	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	Build a friend - what makes a good friend
Lesson 3	Friendship skills
Lesson 4	Marriage - different types of marriage and the history of marriage
Lesson 5	Respecting myself
Lesson 6	Family life
Lesson 7	Bullying - the effects of bullying and what might motivate a bully
Lesson 8	Stereotyping - how attitudes to gender have changed over time
Lesson 9	Stereotyping and discrimination
Safety and the changing body	
Lesson 1	Online friendships
Lesson 2	Staying safe online
Lesson 3	Puberty <i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation)</i>
Lesson 4	Menstruation <i>(vocabulary: menstruation, egg, ova, ovaries, fallopian tube, uterus, womb, sanitary products (towels, tampons, period pants, cups), voice breaking, erections, wet dreams, ejaculation)</i>
Lesson 5	Emotional changes in puberty
Lesson 6	First Aid - bleeding
Lesson 7	Drugs, alcohol and tobacco - understanding the influence others can have on us <i>(includes cigarettes and alcohol)</i>
Health and wellbeing	
Lesson 1	Relaxation - yoga
Lesson 2	The importance of rest
Lesson 3	Embracing failure

Lesson 4	Going for goals
Lesson 5	Taking responsibility for my feelings
Lesson 6	Healthy meals
Lesson 7	Sun safety

Citizenship

Lesson 1	Breaking the law
Lesson 2	Rights and responsibilities
Lesson 3	Protecting the planet
Lesson 4	Contributing to the community
Lesson 5	Pressure groups
Lesson 6	Parliament

Economic wellbeing

Lesson 1	Borrowing
Lesson 2	Income and expenditure
Lesson 3	Risks with money
Lesson 4	Prioritising spending
Lesson 5	Stereotypes in the workplace

Transition

Lesson 1	Transition lesson
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YEAR 6	
Family and relationships	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	Respect - how this can we gained and lost
Lesson 3	Developing respectful relationships
Lesson 4	Challenging stereotypes
Lesson 5	Different types of stereotyping
Lesson 6	Resolving conflict - negotiation and compromise
Lesson 7	Change and loss - the emotions relating to grief
Safety and the changing body	
Lesson 1	The risks associated with alcohol
Lesson 2	Critical digital consumers
Lesson 3	Social media
Lesson 4	Physical and emotional changes of puberty <i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples)</i>
Lesson 5	Conception <i>(parents/carers have the right to withdraw their child from this lesson)</i> <i>(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse)</i>
Lesson 6	Pregnancy and birth <i>(parents/carers have the right to withdraw their child from this lesson)</i> <i>(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care)</i>
Lesson 7	First Aid - choking
Lesson 8	Basic life support
Health and wellbeing	
Lesson 1	What can I be? - setting long term goals
Lesson 2	Relaxation - mindfulness

Lesson 3	Taking responsibility for my health
Lesson 4	The impact of technology on health
Lesson 5	Resilience toolbox
Lesson 6	The facts about immunisation
Lesson 7	Physical health concerns - where to get help
Lesson 8	Habits - positive and negative

Citizenship

Lesson 1 Human rights

Lesson 2 Food choices and the environment

Lesson 3 Caring for others

Lesson 4 Prejudice and discrimination

Lesson 5 Valuing diversity

Lesson 6 National democracy

Economic wellbeing

Lesson 1 Attitudes to money

Lesson 2 Keeping money safe

Lesson 3 Gambling

Lesson 4 What jobs are available?

Lesson 5 Career routes

Transition

Lesson 1 Transition lesson

Identity

Lesson 1 What is identity?

Lesson 2 Gender identity?

Lesson 3 Identity and body image