Statutory RSHE | Economic Wellbeing & Careers

Year 5

Autumn 1

Friendships, stereotypes and bullying

This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.

Suggested lessons:

Friendship and bullying – Y5–6

L1: Including others

L2: Positive and respectful friendships

L3: Bullying and its impact

Belonging and community – Y5–6

L3: Challenging stereotypes

L4: Addressing extremism

Alternative / additional lessons:

Changing Faces: A World of Difference

Assistance Dogs UK: Assistance Dog Partnerships

Autumn 2

Mental health and wellbeing

This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.

Suggested lessons:

Foundations for Wellbeing – Y5

L1: Noticing and naming emotions

L2: Directing attention and managing distractions

L3: Changing thinking habits

L4: Rumination and worry

L5: Managing reactivity

Alternative / additional lessons:

OHID: Every mind matters – KS2

Croydon Council: Wellbeing Way

Spring 1

Positively engaging with our world

This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.

Suggested lessons:

Guardian Foundation: NewsWise – ages 9–11

L3: Managing feelings about the news

L5: Spotting fake news

L6: Understanding that news is targeted

UCL: Climate change – empathy and agency – KS2

L1: Connecting with nature

L2: Everyday actions

L3: Doing it together

Spring 2

Respecting boundaries

This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.

Suggested lessons:

Consent – KS2

L1: Giving and seeking permission

L2: Personal boundaries

L3: Appropriate and inappropriate touch

NSPCC: Talk PANTS – ages 9–11

L6: How can the PANTS rule help us?

FGM – Y5–6*

L1: Keeping safe – FGM

*See the Programme of Study for further guidance on teaching about FGM at the primary phase.

Alternative / additional lessons:

GHLL: Understanding consent

Summer 1

Safe connections

This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.

Suggested lessons:

CEOP: Play, like, share

L1: Black him right good, Alfie!

L2: Who's Magnus?

L3: They have fans, we have friends!

CEOP: Connect – Y5–6

L1: Respectful relationships

L2: Socialising online

City of London Police: Cyber Detectives – Y5–6

L1: What is online fraud?

L2: Where can online fraud occur?

Alternative / additional lessons:

NCA: Making the right #CyberChoices

NSCS: CyberSprinters – lesson 3

Summer 2

Embedding healthy habits and learning first aid

This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.

Suggested lessons:

Melanoma Fund: Sunguarding Schools

L1: Sunguarding Schools

Sure: Breaking Limits – KS2

L1: Confident mover

L2: Team player

L3: Goal setter

St John Ambulance: First aid – KS2*

L2: Asthma

L9: Head injuries

*You may also choose to bring in appropriately qualified outside facilitators to support teaching of first aid content.