

Year 5 – Autumn – Community and Relationships (14 weeks)

Pupils will know:

- That peer influence affects behaviour and decisions
- That unfair or harmful behaviour can be challenged
- That respectful communication involves assertiveness
- That online media can influence thinking

Lesson	Big Question	Objective	Assessment	Mapping (SSMC/ British Values/ Rights Respecting)
L1	How can we build and maintain respectful and supportive relationships?	I can challenge disrespect respectfully and support others as an ally.	pupil voice / teacher observation.	Social + Moral Mutual Respect Article 2, Article 12, Article 23
L2	When should we challenge behaviour that is unfair or harmful?	I can challenge harmful behaviour safely and support peers. Recognise sexual harassment in person and online Understand that it is never the victim's fault Know safe reporting routes Know when to seek adult help	pupil voice / teacher observation.	Moral Rule of Law Article 19
L3	How can we communicate confidently and assertively in difficult situations?	I can practise assertive communication about boundaries.	pupil voice / teacher observation.	Social + Moral Individual Liberty Article 12
L4	What is an anti-bullying ambassador?	Explain the role of an anti-bullying ambassador and apply strategies to support others including restorative conversations	pupil voice / teacher observation/ role play	Social Democracy Article 12, Article 29
L5	How do influence and pressure affect the choices we make?	Analyse different influences and explain how they affect behaviour and decision-making.	pupil voice / teacher observation.	Moral + Social Individual Liberty Article 12, Article 19

L6	What does it mean to be an ally and support others?	Explain what allyship means and demonstrate ways to support others.	pupil voice / teacher observation..	Social + Cultural Mutual Respect Article 2, Article 14, Article 23
L7	What should I do if a relationship does not feel safe or supportive?	Understand that family relationships should make us feel loved, cared for and safe. Recognise that some relationships may feel unhappy, unsafe or worrying and know how to seek help from trusted adults and support services.	pupil voice / teacher observation.	Social + Cultural Mutual Respect Article 2, Article 14
L8	How can we recognise and respond to negative influences online?	I can spot misinformation, advertising and AI-generated content, recognise online scams, gaming purchases and gambling-style features such as loot boxes, and make safer choices online.	pupil voice / teacher observation.	Moral Rule of Law Article 17, Article 19
Enrichment Week	How can we promote a culture of respect in our school and community?	Anti-Bullying Week spotlight lesson (November).	Pupil pledges / assembly reflection.	Moral + Social Rule of law and democracy Article 19
Enrichment Week	How do words have power?	Black History Month (October) Link to British Values and Protected Characteristics	Pupil voice / teacher observation/ assembly/ reflection.	Cultural Tolerance of faiths & beliefs Article 2

Enrichment & Calendar notes:

World Mental Health Day (October)

Black History Month – October

Anti-bullying week (Nov)

Y2 & Y5: Archbishop of York Young Leaders Award runs all year (leadership/character).

Power of Women (POW)

Coatham lodge – carol singing

Year 5 – Spring – Health and Well-being (11 weeks)

Pupils will know:

- That lifestyle choices affect long-term health
- That emotional changes occur during development
- That medicines and substances carry risks
- That balance supports mental wellbeing

Lesson	Big Question	Objective	Assessment	Mapping (SSMC/ British Values/ Rights Respecting)
L1	How do our daily choices affect our long-term health and wellbeing?	Explain how daily choices affect long-term health and evaluate positive changes.	Mini quiz / self-report / work scrutiny.	Spiritual + Moral Individual Liberty Article 24
L2	How can we make informed decisions about healthy lifestyles?	Evaluate lifestyle choices and justify decisions that support wellbeing.	Mini quiz / self-report / work scrutiny.	Moral Individual Liberty Article 24
L3	How can we manage the emotional changes that come with growing up?	Understand that grief is a natural response to bereavement. Recognise that there is no single way to grieve. Know where support can be accessed inside and outside school.	Mini quiz / self-report / work scrutiny.	Spirituality + social Individual Liberty Article 12
L4	How can we make safe and responsible decisions about medicines and substances?	Explain the risks and benefits of medicines and substances and describe safe use.	Mini quiz / self-report / work scrutiny.	Moral Rule of Law Article 24, Article 33
L5	How can we maintain balance and wellbeing in a busy world?	Evaluate how I manage my time and make informed choices to support wellbeing.	Mini quiz / self-report / work scrutiny.	Social + Moral Individual Liberty Article 24, Article 31
Enrichment Day	How can we support ourselves and others through change?	Children's mental health week (February).	Scenario + class charter.	Spiritual + Social Mutual Respect Article 24, Article 12

Enrichment & Calendar notes:

Children's Mental Health Week (February): enhanced wellbeing focus (Place2Be).

Safer Internet Day - Purple Mash lessons

Archbishop of York Young Leaders Award: ongoing leadership actions this term.

If you were an engineer what would you do? Leaders award competition

Power of Women (POW)

Year 5 – Summer – Keeping Safe and growing up (13 weeks)

Pupils will know:

- That emergencies require appropriate responses
- That substances can affect health and decision-making
- That safety involves understanding consequences
- That independence requires responsibility

Lesson	Big Question	Objective	Assessment	Mapping (SSMC/ British Values/ Rights Respecting)
L1	How can we ensure we get the right help in emergencies?	I can explain how to respond in an emergency and make an effective call for help.	Scenario response / practical demo / pupil voice.	Social Rule of Law Article 6, Article 19
L2	How do our bodies and emotions change as we grow and develop?	I can explain the physical and emotional changes of puberty, including menstruation, wet dreams, body hair growth, skin changes and changing emotions, and know how to access support and reliable information. Teach menstruation as part of puberty	Mini quiz / self-report / work scrutiny.	Spiritual Individual Liberty Article 16, Article 24
L3	What is AI & Who Do We Trust Online?	I can explain how AI-generated content may not be reliable and how to check information.	Scenario response / practical demo / pupil voice.	Moral + Social Individual Liberty Article 17, Article 19
L4	Why do people get addicted?	Explain why people use substances and describe the risks and consequences of addiction.	Scenario response / practical demo / pupil voice.	Moral Rule of Law Article 33, Article 24
L5	How do our choices affect our safety and the safety of others?	Evaluate how my choices affect safety and explain ways to reduce risk.	Scenario response / practical demo / pupil voice.	Moral + Social Individual Liberty Article 3, Article 19
L6	How do we choose between	Analyse factors that influence spending	Scenario response /	Moral Individual Liberty Article 27

	needs and wants when we plan and budget?	decisions and justify my choices.	practical demo / pupil voice.	
L7	How can we prepare to stay safe as we become more independent?	Explain how independence brings responsibility and describe strategies to manage risk in new situations.	Scenario response / practical demo / pupil voice.	Social + Moral Democracy + Individual Liberty Article 29
Enrichment Week	<i>How do I respond safely in an emergency? How do my choices affect my safety and others?</i>	Safety Week (penultimate week of Summer 2): • Fire: fire drills, escape planning, emergency response • Water: water safety code, helping safely • Sun: health risks (skin damage, dehydration effects) • Beach: tides, rip currents • Road: hazard awareness, distractions • Railway: serious consequences, peer risk	Personal safety plan + report-a-worry routes.	Social + Moral Rule of Law + Democracy Article 6, Article 19, Article 24

Enrichment & Calendar notes:

Archbishop of York Young Leaders Award: final reflections and celebration.

Summer Residential: Lake District 2 nights (Outdoor Adventurous Activities).

Science link – Body parts and changes

School nurse – Puberty Talk

Use Money Heroes Framework cross curricular

Power of Women (POW)

- Reproduction is primarily taught through the statutory Science curriculum in Year 5. Pupils learn about the life cycle of mammals, including humans, and describe the changes that occur as humans develop to old age. Human reproduction objectives are delivered through the National Curriculum Science Programme of Study. Additional age-appropriate learning about puberty, emotional development and personal care is taught through RSHE and supported by the school nurse in Years 5 and 6.