



## RSHE – Year 5

At Abbey Lane, we follow the Sheffield Schools Relationships and Health Education scheme, which is based on the National Curriculum for RSHE.

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Relationships- Family; what makes a family?</b>	<b>Health and wellbeing Mental wellbeing</b>	<b>Health &amp; Wellbeing- Citizen- Money Growing up - Puberty</b>
Pupils will discuss: Why do some people get married? Are families ever perfect? Is there such a thing as a normal family?	Pupils will discuss: Is there such a thing as the perfect body? How can I stay fit and healthy? Can I avoid getting ill? Why do some people take drugs Where should I get me health information? How do I save a life?	Pupils will discuss: Managing money and poverty How will my body change as I get older? How will my feelings change as I get older? How will I stay clean during puberty? What is menstruation? How do plants and animals reproduce? (Taught through Science curriculum; does not include sexual intercourse)