



Citizenship – Year 5

Autumn	Spring	Summer
Relationships- Family; what makes a family?	Health and wellbeing Mental wellbeing	Health & Wellbeing- Citizen- Money Growing up - Puberty
<p>Pupils will discuss: Why do some people get married? Are families ever perfect? Is there such a thing as a normal family? Recognising when a relationship is harmful and to speak to a trusted adult Bereavement and where to seek support</p>	<p>Pupils will discuss: Is there such a thing as the perfect body? Regular physical activity and importance of a healthy relationship with food The importance of sufficient sleep and good dental hygiene Legal (alcohol, smoking and vaping) and illegal (drugs) substances and their associated risks Recognising early signs of illness and facts around allergies and vaccinations To understand the importance of good sleep. To know the importance of dental health. To understand the importance of physical exercise.</p>	<p>Pupils will discuss: Managing money and budgeting Age restrictions of social media and online gaming Risks relating to online gambling and other financial harm To understand personal details can be used to make money.</p> <p>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? To know the correct names of body parts. To understand each person's body belongs to them. How do plants and animals reproduce? (Taught through Science curriculum; does not include sexual intercourse)</p>

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