



RHE – Year 5

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

Autumn	Spring	Summer
Relationships- Family; what makes a family?	Health and wellbeing Mental wellbeing	Health & Wellbeing- Growing up - Puberty
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: 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)