



Embrace challenge Recognise uniqueness Celebrate achievement

St Cuthbert's C of E Junior School

RSE Planning Year 5 and 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Being Me In My World</i>	<i>Celebrating Difference</i>	<i>Dreams and Goals</i>	<i>Healthy Me</i>	<i>Relationships</i>	<i>Changing Me</i>
My Year Ahead Recognize the challenges and responsibilities I am going to face in the year ahead.	Different Cultures Recognise a different culture from my own, understand racism and that cultural differences sometimes cause conflict	My Dream Lifestyle Investigate jobs and careers and understand that I need money to help me achieve some dreams	Smoking and Alcohol Understand the health risks of smoking and alcohol, how it affects the body and anti-social behaviour.	Recognising me Recognise my own characteristics and personal qualities	Self and Body Image Be aware of my own self-image and how my body image fits into that.
Responsibilities Understand my rights and responsibilities as a citizen of my country and as a member of my school.	Rumours, Name-calling and Bullying Undertand the different types of bullying and how rumour-spreading and name-calling can be bullying behaviours.	Dream Job Identify a job I would like to do when I grow up and what steps I need to take to get there.	Emergency Aid Basic first aid and emergency procedures.	Online Communities Understand the positive and negative consequences of online communities and that there are rights and responsibilities in an online community or social network including gaming.	Puberty for Girls Explain how a girl's body changes during puberty and the importance of looking after yourself physically and emotionally
Rewards and consequences Understand that I can make choices about my own behavior and I understand how rewards and consequences feel.	Money Matters Compare my life life with people in the developing world.	Dreams and Goals of Young People in Other Cultures I can describe the dreams and goals of young people in a culture different to mine. Question: do young people of different cultures have different goals?	Body Image Understand what makes a healthy lifestyle (diet, exercise) and how media, social media and celebrity culture promotes certain body types and relationships with food.	Online Gaming I know there are rights and responsibilities when playing a game online	Puberty for Boys Describe how boys' and girls' bodies change during puberty
Learning Charter Understand how an individual's behavior impacts a group. Understand democracy and how having a voice benefits the school community		How Can We Support Each Other? Understand communicating with someone in a different culture means we can learn from each other		Relationships with technology Understand appropriate usage of technology and recognize when I am spending too much time using devices.	