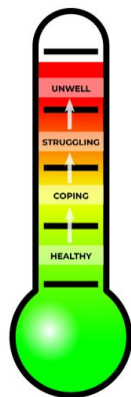
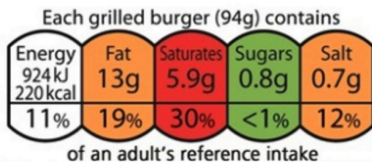




Year 5 Curriculum For Life - Autumn Term 1: Health & Wellbeing



1. There are different signs of **worry**.



2. Everyday behaviours can help to support our **mental health**.

4. Food labels can help us to understand the **nutritional content** in foods and help us to make healthy choices.



6. Information online may not always be accurate.



3. Exercise, sleep and eating well can have a positive effect on our mental **wellbeing**.



5. It is important to reduce the risks of **exposure** to the sun.



6. Using **technology** before bedtime can affect sleep quality.



content	The things that are in something.
emotions	How we feel e.g. happy, anxious, sad, jealous.
hygiene	The way we care for our bodies' cleanliness.
mental health	Our emotional wellbeing.
nutritional	Food necessary for health and growth.
physical health	Our physical wellbeing.
technology	A machine that helps us to do something.
wellbeing	A combination of physical, mental and social health.

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill



Year 5 Curriculum For Life - Autumn Term 2: Relationships

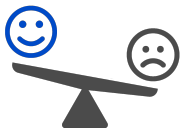


1. Conflict and changes in families can occur.



3. Our opinions and beliefs affect how we act.

2. Friendships can be strengthened after an issue has occurred.



4 & 5. It is important to recognise the difference between **bullying** and **banter**.



7. Inappropriate touch may feel unsafe, uncomfortable or hurtful.

6. Knowing how to **block** and **report** is important in online relationships.



banter	A playful exchange of teasing remarks.
beliefs	Trust, faith or confidence in something.
block	To stop something.
bullying	To seek to harm or threaten others.
conflict	A disagreement or argument.
friendship	A relationship between friends.
inappropriate	Not suitable or proper.
opinion	A personal view or judgement.
report	To give an account of something.

Getting Help - If you are worried about anything, talk to a trusted adult.



Year 5 Curriculum For Life - Spring Term 1: Citizenship



1. **Rights** are balanced against **responsibilities**.



2. A **sentence** may be used when somebody breaks the law.



3. **Central and local government** represent all citizens.



5. **COP** stands for **Conference of the Parties** - countries who meet to discuss climate change.



4. **Active citizens** contribute positively to society at **local, national** and **global** levels.



6. Information about people online can be used to make **judgements** about them.

central government	Responsible for things that affect the whole country.
climate change	Long term shifts in weather and temperature.
global	The whole earth.
local government	Responsible for things that affect the local area.
local	In the area where someone lives.
national	The entire nation/country.
responsibility	Being accountable for your actions.
sentence	The punishment a judge or magistrate decides.

Getting Help - If you are worried about anything, talk to a trusted adult.



Year 5 Curriculum For Life - Spring Term 2: Health & Wellbeing



1. Back blows can be used to help a casualty who is **choking**.



2. The use of a **medicine** depends on the type of disease or illness someone has.



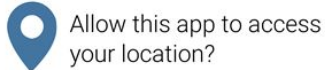
3. It is important to consider the **effects** and **risks** associated with different **drugs**.



- 4 & 5. Puberty happens as a result of **hormonal** changes in the body.



6. Emotional changes are a normal part of **puberty**.



7. Online companies often ask **permission** to access **data** and functions on a device.

Confirm

Deny

choking	When an object blocks the airway.
data	Information about something or someone.
effect	The result of a particular action.
hormones	Chemicals within the body that help it do certain things
permission	Giving consent / approval for something to happen.
puberty	When a child's body changes into an adult.
risk	The possibility of something bad/unpleasant happening.

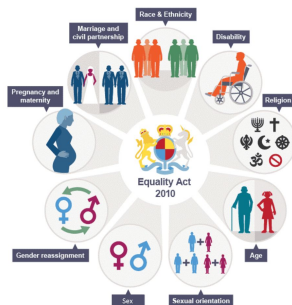
Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill



Year 5 Curriculum For Life - Summer Term 1: Relationships



1. Attitudes and laws relating to **gender** have changed over time.



2. The **Equality Act** is designed to protect people from **discrimination**.



3. **Boundaries** and **consent** are important especially in relation to our bodies.

4. Communication online does not have to be text-based.



6. It is important to 'stop and think' before taking a **risk**.



5. People online who communicate online may cause **harm**.



Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill

boundaries	A limit.
consent	Giving permission for something to happen.
discrimination	The unfair treatment of someone / people based on a particular characteristic.
equality	Treating people fairly.
gender	Characteristics of males and females that are socially constructed.
harm	Physical or mental damage or injury.
risk	A chance of getting hurt,



Year 5 Curriculum For Life - Summer Term 2: Economic Wellbeing



1. Having a job allows people to achieve certain goals in life, including **financial** ones.



3. **Interest** may be added to money that a person saves or borrows.

5. Some online content may be **commercially promoted**.



6. **Fake news** may affect someone's emotions and behaviour.

2. Manufacturers and shops **advertise** to **persuade** people to spend money.



4. It is important to be a **critical consumer**, but choices we make may be affected by income, commitments, values and culture.

advertise	Drawing good attention to something.
commercial	To do with making money.
critical consumer	The conscious choice to buy or not buy a product because of ethical and political beliefs.
fake news	False information that is shared under the guise of news in order to mislead or deceive others.
financial	To do with money.
interest	The price you pay to borrow money or the cost you charge to lend money.

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill