



CVPS



PACE Academy Trust

CHIPSTEAD VALLEY PRIMARY SCHOOL Wellbeing Curriculum Overview

Year 5

Relationships

- The link between values and behaviour
- How to be a positive role model
- That when we are polite and courteous, we should receive respectful behaviour back
- What makes a healthy friendship?
- How we can make someone included
- Zones of regulation
- The it is normal to experience mixed or conflicting feelings
- How feelings can be helpful whilst recognising that they need to be overcome
- How to get support with our emotions
- Strategies to manage peer approval
- Strategies to resolve conflict
- To understand: self-control, resilience, self-management, anger management, impulse control, sensory regulation
- Ways of managing feelings at times of loss, grief and change
- How to manage change when moving to a new year group

Equality and Diversity

- That everyone should be treated equally
- About personal attributes and what contribute to it e.g. gender, race, faith
- For some people, gender does not correspond with their biological sex
- How to recognise, respect and express our individuality and personal qualities
- What discrimination means and how to challenge it
- The importance of diversity in the work place and the dangers of stereotyping

Keeping Safe

- Keeping Safe Week- Police visit
- NSPCC Pantasaurus
- To identify when situations are being risky
- To differentiate between positive risk taking and dangerous behaviour e.g. trying skiing
- What physical touch is acceptable, unacceptable, wanted or unwanted
- How to ask for, give and not give permission for physical contact
- That it's never someone's fault if they have experienced unwanted physical contact and how to get support
- That running away from home can be unsafe

Online Safety

- Safer Internet Day
- The need for peer approval in different situations, including online
- The impact of cyber bullying and reporting
- How to identify risky online situations
- How to report online discrimination
- That different apps and websites have age restrictions to keep us safe
- That people often create a social media identity which is different to who they are
- About 'digital footprints' being left online

Health and Wellbeing

- How to eat a healthy diet and the benefits
- How regular exercise benefits us
- How medicines can help and how allergies can be managed
- Why we have vaccinations
- How to prevent the spread of viruses
- The benefits of exercise, sleep and outside
- How manage risk in the sun e.g. sunstroke
- What changes as we grow up
- The link between love, committed relationships and conception
- What sexual intercourse is and how it can be part of an intimate relationship between two consenting adults
- How pregnancy occurs
- About the responsibilities of being a parent/carer and how having a baby changes someone's life
- How to ask for support around puberty
- What is mental health?
- How can poor mental health impact ourselves and others?

Being a Responsible Citizen

- Our shared responsibility of keeping a clean environment
- To identify occasions where we can help take responsibility for our own safety
- How to show compassion for the environment to protect it and how our actions can impact this
- The way money is spent can impact the world
- The role of ambition in our future careers
- How and why someone might choose a career and what many influence this
- That there are a variety of routes into work e.g. college, apprenticeships, university, training