



Cycle A Year 5/6 Medium Term Overview



Term	Topic	In this unit of work, pupils learn...
Autumn Term Relationships	Families and Friendships. Managing friendships and peer influence	<ul style="list-style-type: none">• about the different types of relationships people have in their lives• strategies for recognising and managing peer influence and a desire for peer approval in friendships• how friendships can change over time, about making new friends and the benefits of having different types of friends• strategies to resolve disputes and reconcile differences positively and safely• to recognise the effect of online actions on others
	Safe Relationships Physical contact and feeling safe	<ul style="list-style-type: none">• there are different types of family structure; that families of all types can give family members love, security and stability• about different types of physical contact and what is acceptable and unacceptable• strategies to respond to unwanted physical contact• about seeking and giving permission (consent) in different situations
	Respecting ourselves and others. Responding respectfully to a wide range of people; recognising prejudice and discrimination	<ul style="list-style-type: none">• about discrimination: what it means and how to challenge it.• the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background• to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own• how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with



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Spring Term Living in the Wider World.	Belonging to a Community Protecting the environment; compassion towards others	<ul style="list-style-type: none">• how people have a shared responsibility to help protect the world around them• how everyday choices can affect the environment• the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues• how to show care and concern for others (people and animals)
	Media literacy and digital literacy How information online is targeted; different media types, their role and impact	<ul style="list-style-type: none">• about some of the different ways information and data is shared and used online, including for commercial purposes
	Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotypes	<ul style="list-style-type: none">• that there is a broad range of different jobs and people often have more than one during their careers and over their lifetime• that some jobs are paid more than others and some may be voluntary (unpaid)• about the skills, attributes, qualifications and training needed for different jobs• that there are different ways into jobs and careers, including college, apprenticeships and university• how people choose a career/job and what influences their decision, including skills, interests and pay• how to question and challenge stereotypes about the types of jobs people can do• how they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions• that people's spending decisions can affect others and the environment



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Summer Term Health and Wellbeing	Physical Health and Mental Wellbeing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	<ul style="list-style-type: none">• about how sleep contributes to a healthy lifestyle• routines that support good quality sleep• the effects of lack of sleep on the body, feelings, behaviour and ability to learn• that bacteria and viruses can affect health• how everyday hygiene routines can limit the spread of infection• the wider importance of personal hygiene and how to maintain it• how medicines, when used responsibly, contribute to health• that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed• how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health
	Growing and changing Personal identity; recognising individuality and different qualities; mental wellbeing	<ul style="list-style-type: none">• how to recognise and respect similarities and differences between people and what they have in common with others• that there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)• how individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity)• about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others• how to challenge stereotypes and assumptions about others• to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth• strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
	Keeping Safe Keeping safe in different situations including responding in emergencies, first aid and FGM	<ul style="list-style-type: none">• about what is meant by first aid; basic techniques for dealing with common injuries• how to respond and react in an emergency situation• how to identify situations that may require the emergency services; know how to contact them and what to say