



Cycle B Year 5/6 Medium Term Overview



Term	Topic	In this unit of work, pupils learn...
Autumn Term Relationships	Families and Friendships. Attraction to others; romantic relationships; civil partnership and marriage	<ul style="list-style-type: none">• that people may be attracted to someone emotionally, romantically and sexually• that adults can choose to be part of a committed relationship or not, including marriage.• that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime
	Safe Relationships Recognising and managing pressure; consent in different situations	<ul style="list-style-type: none">• about privacy and personal boundaries and what is appropriate in friendships and wider relationships• about why someone may behave differently online, including pretending to be someone they are not• strategies for recognising risks, harmful content and contact• how to report concerns• how to respond safely and appropriately to adults they may encounter whom they do not know• about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret• how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this• where to get advice and report concerns if worried about their own or someone else's personal safety
	Respecting ourselves and others. Expressing opinions and respecting other points of view, including discussing topical issues	<ul style="list-style-type: none">• to discuss and debate what influences people's decisions, taking into consideration different viewpoints



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Term	Topic	In this unit, pupils learn...
Spring Term Living in the Wider World	Belonging to a Community Valuing diversity; challenging discrimination and stereotypes	<ul style="list-style-type: none">• about the different groups that make up their community; what living in a community means• to value the different contributions that people and groups make to the community• about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities• about the different ways to pay for things and the choices people have about this• about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes• about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced
	Media literacy and digital literacy Evaluating media sources; sharing things online	<ul style="list-style-type: none">• how the media, including online experiences, can affect people's wellbeing – their thoughts, feelings and actions• that not everything should be shared online or social media and that there are rules about this, including the distribution of images• that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions• how text and images can be manipulated or invented; strategies to recognise this• to evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts• to recognise unsafe or suspicious content online and what to do about it• how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them• how to make decisions about the content they view online or in the media and know if it is appropriate for their age range• how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue
	Money and Work Influences and attitudes to money. money and financial risks	<ul style="list-style-type: none">• different ways to keep track of money• about the risks involved in gambling• different ways money can be won or lost through gambling- related activities and their impact on health, wellbeing and future aspirations• about risks associated with money and ways of keeping money safe



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		<ul style="list-style-type: none">ways that money can impact on people's feelings and emotionsa variety of routes into careers
Term	Topic	In this unit, pupils learn...
Summer Term Health and Wellbeing	Physical Health and Mental Wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement. managing time online	<ul style="list-style-type: none">how positive friendships and being involved in activities such as clubs and community groups support wellbeinghow to make choices that support a healthy, balanced lifestyle including: » how to plan a healthy meal » how to stay physically active » how to maintain good dental health, including oral hygiene, food and drink choices » how to benefit from and stay safe in the sun » how and why to balance time spent online with other activities » how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep » how to manage the influence of friends and family on health choicesthat habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy onehow to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside schoolthat health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early onthat anyone can experience mental ill-health and to discuss concerns with a trusted adultabout change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement
	Growing and changing Human reproduction and birth; increasing independence; managing transition	<ul style="list-style-type: none">problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schoolsto identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproductionthe physical and emotional changes that happen when approaching and during pubertywhere to get more information, help and advice about growing and changing, especially about pubertythat female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk



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	Keeping Safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	<ul style="list-style-type: none">• about the risks and effects of legal drugs common to everyday life and their impact on health; recognise that drug use can become a habit which can be difficult to break• that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others• about the mixed messages in the media about drugs, including alcohol and smoking/vaping• about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns
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