

Year 5
Personal Development Learning

Core theme	Learning Questions
Autumn 1 – Relationships and Friendships (families and people who care for me) (caring and respectful relationships)	How can you develop a healthy relationship? What is the difference between an unhealthy and a healthy relationship? How can I stand up for myself (link to assertiveness -link to different responses eg passive/aggressive) What is the importance of permission seeking and giving in relationships?
Autumn 2 – Valuing difference	Quick recap on all BV - focus on democracy. What is democracy? Where have I seen examples of it within school and the wider world? How do I challenge stereotypes? How can I respect similarities and differences? What are disabilities? How are different religions/faiths celebrated and recognised? How can different beliefs be a source of conflict?
Spring 1 – Keeping ourselves safe and healthy (Being safe)	What are the risks of smoking and drinking alcohol? Why do most people choose not to smoke or drink alcohol? What are the risks of drugs? What is the difference between being physically fit and emotionally fit?

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	<p>What pressures do young people manage?</p> <p>How can I deal with pressure?</p> <p>First aid - How do I administer first aid to someone who is bleeding?</p>
<p>Spring 2 – Keeping ourselves safe online (online relationships)</p>	<p>What is cyber bullying? How can I deal with it?</p> <p>What ‘risky’ situations may occur online?</p> <p>How can I make the use of social media less risky?</p> <p>How can people’s posts give an untruthful image of them?</p> <p>How can inaccurate posts be harmful?</p>
<p>Summer 1 – Living in the wider world</p>	<p>How can I be involved in my community?</p> <p>What are my rights as a child (UNCRC) link to - The precedence of human rights over other laws - rule of law</p> <p>What is sustainable development?</p> <p>What subjects link to different careers?</p> <p>How can we manage money effectively? What is financial capability?</p> <p>What is borrowing, debt and interest?</p>
<p>Summer 2 – Growing and Changing (relationships and Sex education)</p>	<p>What are ways I have experienced change? (moving house, puberty, bereavement...)</p> <p>What are the accurate labels for external and internal sexual parts of the body?</p> <p>What changes take place during puberty for both boys and girls?</p> <p>What is the menstrual cycle? what changes will I notice?</p>

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	<p>How might my emotions change during puberty? Who can I talk to if I am worried about anything? What is conception? How is a baby conceived? How does a baby develop in the womb?</p>
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