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| Health and Wellbeing**Created and Loved by God** | Relationships**Created to love others** | Living in the Wider world**Created to live in community** | Journey in Love |

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| **Year 5****God loves me as I grow.** | Advent 1 | Advent 2 | Lent 1 | Lent 2 | Pentecost 1 | Pentecost 2 |
| That we are all children of God and made in God’s image and likeness.Be courteous in my dealings with friends and strangers.Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)That there are a number of different people and organisations I can go to for help in different situations and how to contact them.That my increasing independence brings increased responsibility to keep myself and others safe. | That each person has a purpose in the world and that God has created me for a particular purpose (vocation).About the impact that poor lifestyle choices can have on my health including lack of physical activity, poor dental health, sleep, hygiene, drugs and alcohol. The facts and science relating to immunisation and vaccination.Be honest, striving to live truthfully and with integrity, using good judgement.About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the United Kingdom and beyond, respecting difference.Demonstrate my gratitude to others for the good things in my life through words and actions.Anti- bullying week | Be confident in my relationships with my peers in various situations, including online.That some behaviour is unacceptable, unhealthy or risky.How to use technology safely.How to make informed choices in relationships.That prayer and worship nourish my relationship with God and support my relationships with others.About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing.Why social media, some computer games and online gambling, for example, are age restricted.That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.How to report and get help if I encounter inappropriate materials or messages.E-safety -Safer internet day | About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage.That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (Catholic Social Teaching)Be compassionate, able to empathise with the suffering of others and displaying the generosity to help.Be self-disciplined and able to delay or even deny myself.Show care and concern for the special people in my life and put their needs before my own.SocialSpiritual | The changes that occur at each stage of a human being’s life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty.It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.The importance of forgiveness and reconciliation in relationships andthe challenges involved in following Jesus’ teaching on forgiveness.Be loyal, able to develop and sustain friendships.Be forgiving, developing the skills to allow reconciliation in relationships.That God is Trinity, a communion of persons.EmotionalIntellectualMental health awareness week | About the differences between boys and girls with regard to puberty and reproduction.Describe how my emotions may change and intensify as I grow and move through puberty.Be just and fair, acting with integrity, understanding the impact of my actions locally, nationally and globally.Speak out about injustice in the wider world and what I can do to help.Physical |