

Below are the PSHRE units that children will study across Year 5 and Year 6 at The Rydal Academy. They are split in to half terms or terms depending on the length of the unit. There is a brief explanation of each focus area and suggestions for activities that you can do with your child at home to support their learning.

Year 5		Year 6	
Autumn 1	<p>Friends.</p> <p>Children will learn about the different types of bullying and how to deal with it and who they can and can't trust.</p> <p>Talk with the children about bullying and why it is bad, what they can do and who they can tell if they are being bullied.</p>	Autumn 1	<p>Friends.</p> <p>Children will learn about what stereotypes are and recognising and respecting others differences.</p> <p>Talk with the children about the different people that live in their community and how we all have similarities and differences and what we can do to respect these.</p> <p>Watch: https://www.youtube.com/watch?v=7Typ-FPwQU and talk about how people may not always be what they seem.</p>
Autumn 2	<p>Ourselves.</p> <p>Children will learn about why personal hygiene and dental health is important, and understanding allergies and vaccinations.</p> <p>Talk with the children about how important it is to wash their hands.</p> <p>Talk about how their bodies are changing and how they must wash their whole bodies regular.</p>	Autumn 2	<p>Ourselves.</p> <p>Children will learn why sleep is important and the risk associated with a poor diet. They will also learn about legal and illegal substances.</p> <p>Encourage the children to create a healthy meal plan and give suggestions for evening meals.</p> <p>Watch: https://www.youtube.com/watch?v=aAmaCeq9v4 Talk about how they could get a good night's sleep.</p>
Spring 1	<p>Online safety.</p> <p>Children will learn how to respond to people they don't know online and how their data is shared.</p> <p>Talk with the children about who they talk to online and what to do if they don't know that person.</p> <p>Watch: https://www.youtube.com/watch?v=DiI8Lj0_TGQ</p>	Spring 1	<p>Online safety.</p> <p>Children will learn how to manage their time online, what restrictions are and why they apply.</p> <p>Create a family media plan which sets out how to spend time online responsibly. Visit https://www.internetmatters.org/resources/video-games-age-ratings-explained/ to look at gaming restrictions.</p>
Spring 2	<p>The wider world.</p> <p>Children will learn about taking risks and money and why we need it.</p> <p>Talk with the children about risks they take and what are safe and unsafe risks to take.</p> <p>Encourage children to save money and talk about what they could buy once they have saved enough.</p>	Spring 2	<p>The wider world.</p> <p>Children will learn about democracy and who represents our rights and basic first aid.</p> <p>Talk with the children about what to do in a first aid emergency.</p> <p>Watch: https://www.youtube.com/watch?v=GbLTwQwXqWc to find out more about the role of parliament.</p>
Summer 1	<p>Mental wellbeing.</p> <p>Children will learn about self-esteem and why it's important to like ourselves. The impact of bullying and support with mental health.</p> <p>Talk with the children about what they think they are good at and what you think they are good at.</p> <p>Watch: https://www.youtube.com/watch?v=MZw_GFLi3cU</p>	Summer 1	<p>Mental wellbeing.</p> <p>Children will learn about how mental health is a normal part of daily life and learn some self-help techniques. They will also understand how loneliness can affect people.</p> <p>Encourage the children to talk about how they are feeling and how things like exercise, breathing techniques, and drawing can help if they feel overwhelmed.</p> <p>Watch: https://www.youtube.com/watch?v=yF7Ou43Vj6c for ideas on self-help.</p>

Summer 2	<p>Families.</p> <p>Children will learn how families can look different from their own and to recognise when they feel unsafe.</p> <p>Talk with the children about the different people within their own families, talk about how other people's families may be different for example they may only live with mum, may have no grandparents.</p> <p>Watch: https://www.youtube.com/watch?v=b55uygGOElc</p>	<p>Families.</p> <p>Children will learn about the characteristics of a happy family and how to report abuse. They will also learn about the legal characteristics of marriage.</p> <p>Talk with them about what makes a happy family and what the positive things are in your own family.</p>
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