


Unit 	Lesson name	Lesson No.	Learning objective	Expected Standard (EXS)	Greater Depth (GDS)	Mental Health	Mental Health
<a href="#">KS2 Y5 Families and relationships RSE</a> <a href="#">PSHE Y5 - Kapow Primary</a>	<a href="#">Lesson 1: Build a friend</a>		Describe what qualities a good friend should have and recognise which of these they have and which they could develop.	Describe what qualities a good friend should have and recognise which of these they have and which they could develop.	Evaluate the importance of different friendship qualities, reflect honestly on personal strengths and areas for growth, and explain how these can be developed over time.	<b>Unit 1 - Emotional literacy</b>	Week 1 - Expand on emotional vocabulary
	<a href="#">Lesson 2: Friendship skills</a>		Recognise that friendships have ups and downs and this is normal.	Recognise that friendships have ups and downs and this is normal.	Explain why change and conflict occur in friendships and describe constructive strategies for maintaining positive relationships.		Week 2 - Look at how emotions affect thoughts and behaviour - 'inside out'
	<a href="#">Lesson 3: Marriage</a>		Understand what marriage is and know that it is a choice people make.	Understand what marriage is and know that it is a choice people make.	Explain different reasons why people may choose or not choose marriage and recognise that committed relationships can take different forms.		Week 3 - Start an emotion journal - recognising emotional cues in ourselves.
	<a href="#">Lesson 4: Respecting myself</a>		Understand that we all have a range of attributes that make us who we are and we should be proud of these.	Understand that we all have a range of attributes that make us who we are and we should be proud of these.	Explain how personal attributes develop over time and how valuing diversity supports confidence and belonging.		Week 4 - Body mapping Week 5 - Take a character from your class novel and create an insert from their emotional journal
	<a href="#">Lesson 5: Family life</a>		Understand that sometimes families can make children feel unhappy or unsafe.	Understand that sometimes families can make children feel unhappy or unsafe.	Explain how unsafe situations may arise and identify trusted sources of support, explaining why seeking help is important.		Week 6 - Emotional release - safe ways to express emotions.
	<a href="#">Lesson 6: Bullying</a>		Understand why someone might bully others.	Understand why someone might bully others.	Analyse possible underlying causes of bullying behaviour and explain why bullying is never justified.	<b>Unit 2 - Coping skills and Calming strategies</b>	Week 1 - Are you going into fight/fight/freeze/flight when you experience big emotions.
	<a href="#">Stereotyping Gender</a>		To recognise how attitudes to gender have changed over time.	Understand that attitudes and laws around gender equality have changed over time.	Explain how social attitudes influence laws and give examples of how equality has progressed and why continued change matters.		Week 2 - Safe spaces at home and school
	<a href="#">Lesson 8: Stereotypes: Race and religion</a>		To explore the impact of stereotypes and how they can lead to discrimination.	Understand that stereotypes exist and these can lead to discrimination.	Explain how stereotypes can shape behaviour and decisions and describe ways individuals can challenge discrimination.		Week 3 - Create your own guided imagery
<a href="#">Y5 Health and wellbeing</a>	<a href="#">Lesson 1: Relaxation: yoga</a>		To use yoga poses and breathing to relax.	Perform some yoga poses, following the instructions from a video, and describe how yoga makes them feel.	Explain how yoga affects both physical wellbeing and emotional regulation, making links to personal experience.		Week 4 - Create your own relaxation script
	<a href="#">Lesson 2: The importance of rest</a>		To understand the benefits of sleep.	Describe how they can get a good night's sleep and explain why this is important.	Explain the short- and long-term effects of sleep on health, learning and mood, justifying good sleep routines.		Week 5 - Practice mindfulness
	<a href="#">Lesson 3: Embracing failure</a>		To understand the purpose of failure.	Describe why they should embrace failure.	Explain how failure supports learning and resilience, using examples from personal or wider contexts.		Week 6 - Use body scans to determine which strategies work best food you in different situations
	<a href="#">Lesson 4: Going for goals</a>		To learn how to set short-term, medium-term and long-term goals.	Describe a strategy to help manage feelings of failure and to help them to persevere. Set themselves goals and consider how they will achieve them.	Select, justify and adapt strategies to manage setbacks and explain how perseverance leads to achievement.	<b>Unit 3 - Relationships, Friendships and Communication</b>	Week 1 - What makes a healthy relationship? - case study scenarios - analyse whether a relationship is supportive or not
	<a href="#">Lesson 5: Taking responsibility for my feelings</a>		To take responsibility for your own feelings and actions and to use vocabulary to describe these	Describe a range of feelings and suggest two ways of dealing with a difficult situation.	Confidently describe a range of feelings and suggest two ways of dealing with a difficult situation		Week 2 - Handling changes in friendships - Discussion- How friendships change over time, is it okay to grow apart?
	<a href="#">Lesson 6: Healthy meals</a>		To understand and be able to plan healthy meals.	Demonstrate an understanding of what calories are and how to use them to help plan healthy meals. Recognise the food groups and acknowledge that having a variety of food is important for having a balanced and healthy diet.	Analyse meals by considering calorie balance, nutritional value and portion size, explaining how these support health.		Week 3 - Assertive, respectful communication - Assertiveness vs aggressive vs passive communication - sorting scenarios.
	<a href="#">Lesson 7: Sun safety</a>		To understand risks associated with the sun and how these can be avoided, taking independence for my own sun protection.	Understand how to keep safe in the sun and some of the risks, now and in the future, if they don't.	Explain immediate and future risks of sun exposure and justify preventative actions for different situations.		Week 4 - Navigating peer pressure and group dynamics - Roleplay peer conflict and use a problem-solving script
<a href="#">Safety and the changing body</a>	<a href="#">Lesson 1: Online friendships</a>		To begin to understand some issues related to online friendships including the impact of actions.	Understand what is safe to share online and what to do before sending a message.	Evaluate online scenarios and explain safe, responsible choices, including considering impact on others.		Week 5 - Setting boundaries and respecting others boundaries - Boundary circles - what is okay and what is not in friendships and group settings.
	<a href="#">Lesson 2: Staying safe online</a>		To learn about staying safe online.	To learn about staying safe online.	Explain a range of online risks and justify strategies to manage privacy, communication and digital footprint.		Week 6 - Reflect and take responsibility in relationships - Group discussion or journal 'what i have learned about managing relationships.
	<a href="#">Lesson 3: Puberty</a>		To understand physical changes during puberty.	To understand physical changes during puberty.	Explain how changes vary between individuals and why this variation is normal.	<b>Unit 4: Self esteem, identity and belonging</b>	Week 1 - Exploring personal identity and uniqueness - Identity mandala - deeper reflection on inner self.

