

Year 5 RHSE Curriculum

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Body Image	Pressure First Aid	Fake News	Life in Plastic	Changing Friendships	Puberty

Click the link to go to the correct section for each half term.
Scroll to see individual sessions

Continuing through the Paradise Street series, Unit 3 – Emotional Well-Being helps children learn about pressures that they may experience from themselves, others and the media.

Teach us, good Lord,

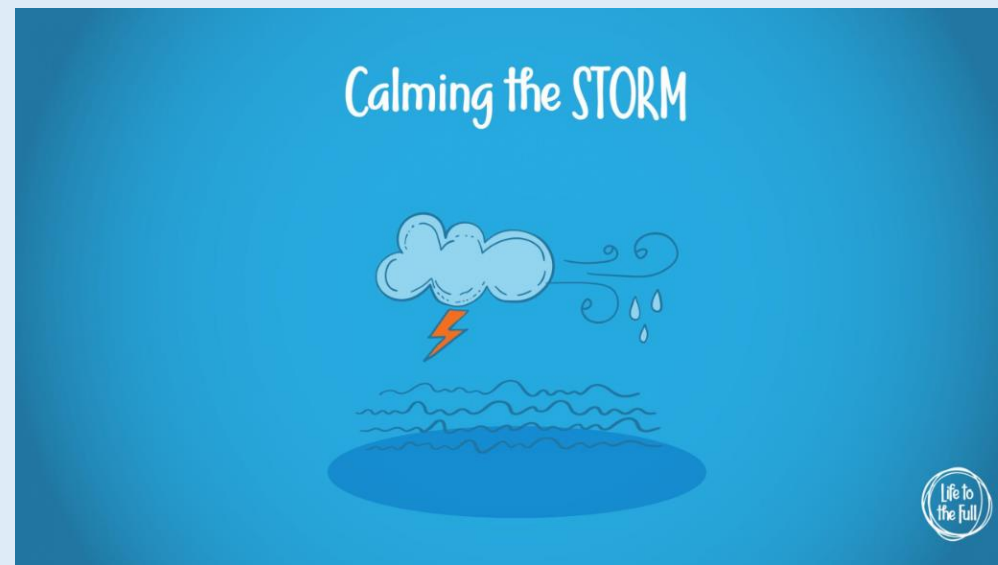
to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to ask for any reward,
save that of knowing that we do your most holy will.



Prayer of St Ignatius of Loyola

Autumn 1 – Body Image

Session 1 – Calming the Storm



What happens in these sessions?

Over five days, children will hear and experience the Gospel story of Jesus calming the storm. The story will be repeated in various ways, and through times of discussion, imaginative reflection and creative response, children will learn that they are created by God who cares for us and wants us to put our faith in Him.

What do children learn?

- We were created individually by God who cares for us and wants us to put our faith in Him
- Physically becoming an adult is a natural phase of life
- Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!

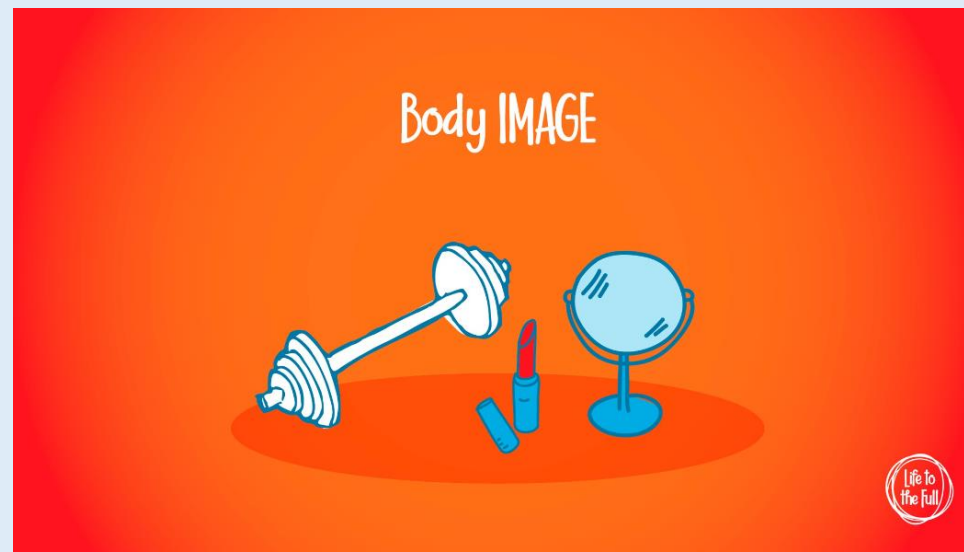
Suggested Home Activity

Since we've been thinking in school about how God created the world and ourselves, it would be good to find time this week to reflect with your child about various key events in their childhood.

Can you recall when they started to walk, talk, eat with a spoon, swim, ride a bike? Which milestones do you think they are on their way to now?

Autumn 1 – Body Image

Session 2 – Body Image



What happens in this session?

This film investigates some of the pressures pubescent young people can face from others, their own expectations and the media. Leyla feels pressure to look grown up after her Mum shares a photo of her on social media with a caption 'My Baby', and Finn feels weak and inadequate and so tries to build muscle too quickly. Through exploring these and other pressures that they may experience, children will develop ideas on how to build resilience through thankfulness.

What do children learn?

- To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
- That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media.

Suggested Home Activity

Phone Amnesty! This week, you could make a family effort to use your electronic devices less. Perhaps put them into a central location when each family member comes home and only take them out if have to make a call. Check them only once in the evening.

If that's not practical, you could make a tally chart and everyone has to put a tick against their name each time they check their phone. Who is the highest user?

Autumn 1 – Body Image

Session 3 – Peculiar Feelings



What happens in this session?

In this session, pupils will observe and discuss how people behave and react to their feelings and emotions, and how these feelings can change quickly. Marcus imitates inappropriate behaviours that he sees at home from his Mum's boyfriend. He learns that some behaviours are always wrong, no matter what feelings accompany them, and learns that he has to take responsibility for his actions. Siobhan and Leyla fall victim to miscommunication which ruptures their friendship.

What do children learn?

- To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action
- That some behaviour is wrong, unacceptable, unhealthy or risky

Suggested Home Activity

Pupils have been learning about feelings and their effect on our behaviour. The first step to becoming aware of our emotions is to become aware of our physical feelings. Try this calming, body awareness exercise before bedtime with your child:

- Sit comfortably and close your eyes.
- Ask your child to notice silently what they can hear. Encourage them just to observe it.
- Ask your child to notice what they can smell.
- Then ask them to turn their attention towards their body. Notice the sensation of their body where it touches the chair. Are they comfortable?
- Is there any tension in their body, in their face, jaw? Relax. How are they holding their hands? If they're tensed, release them; hold them loosely.
- Focus on their breath. Breathe in; breathe out.
- After a few moments, you make like to finish with a 'thank you' to God for your body and your senses.

Autumn 1 – Body Image

Session	Key Learning
3 – Body image through the ages	Pupils explore trends and fashions in body image and style through the ages.
4 – Images on the internet	Pupils spot the differences between original and photoshopped pictures
5 – Celebrating our bodies	Pupils research and design a positive body image campaign

Through a series of short sketches from presenters Zoe and Joey, Unit 2 – Personal Relationships aims to equip children with strategies for more complex experiences of relationships and conflict. This includes sessions that help children to identify and understand how to respond to spoken and unspoken pressure, the concept of consent and some practical demonstrations of this and further teaching on how our thoughts and feelings have an impact on how we act.

Dear GOD,

Thank you for loving us and showing us how to love each other.
Help us to resist unhelpful pressure and to avoid putting pressure on others.
Send your Holy Spirit to help us.
Amen



Autumn 2 – Pressure

Session 1 – Under Pressure



What happens in this session?

The first step to coping with pressure is to identify the many guises it can take. In this session, children will learn about spoken and unspoken pressure that they might experience, particularly from their peers. Then, in small groups, children will rehearse role-play scenarios and present them to the class, so that children can identify different ways in which people can experience pressure, e.g. rejection, reasoning, put-downs, looks etc, and they will learn about and discuss strategies to resist pressure.

What do children learn?

- Pressure comes in different forms, and what those different forms are
- There are strategies that they can adopt to resist pressure

Suggested Home Activity

Pressure: like bike tyres, football and balloons, we too need just the right amount. Too little and we can feel deflated, too much and we might explode!

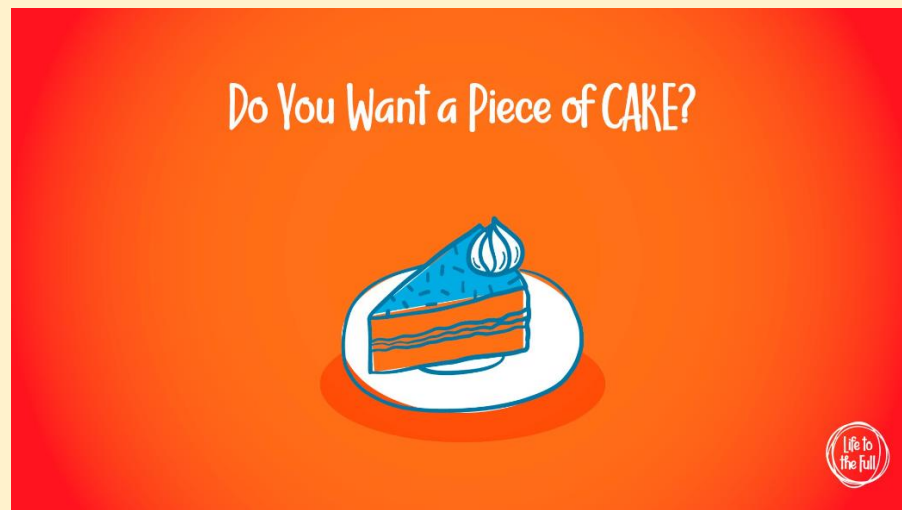
If we were under no pressure to do anything, we might have trouble getting out of bed and certainly, if trains weren't under pressure to run on time, we'd never be certain of catching one. What other examples can you find with your child of systems that need the right amount of pressure in them to work?

If you or your child are feeling under too much pressure, how about making a squidgy balloon stress ball?

- All you need is a balloon and some flour.
- Stretch and fill the balloon to your desired squishiness, tie and draw on it if you wish.
- Full instructions are [here](#).

Autumn 2 – Pressure

Session 2 – Do You Want a Piece of Cake?



What happens in this session?

The previous session in this Unit considered different ways in which children might feel pressured by those around them, particularly their peers. This session discusses the issue of consent and bodily autonomy, and it equips children with the ability and confidence to say 'no'. In a later session, we will explore the topic of abuse.

What do children learn?

- Understand what consent and bodily autonomy means
- Discuss and reflect on different scenarios in which it is right to say 'no'

Suggested Home Activity

Pupils have been learning about consent and that it's OK to say no sometimes! It would be great to have a conversation with your child about situations where it's OK to say no and why that is. You might want to discuss whether 'no' could be appropriate in the following scenarios and reasons why:

To start off, what about:

- Having your dinner when mum says so
- Eating everything on your plate
- Bedtimes
- What to wear to school/at the weekend/to Mass/to formal occasions

Autumn 2 – Pressure

Session 3 – Self Talk



What happens in this session?

So far in this Unit, we have explored the pressures that children can feel from peers and adults, and how to cope with and resist these pressures. But some of the strongest pressures that young people can experience come from themselves, and these have a huge effect on how they relate to the world and the people around them.

Building on the CBT exercise of Thoughts-Feelings-Actions which was introduced in the previous Module, this session applies the approach of 'self-talk' to consider how our thoughts and feelings not only impact on our well-being but also our friendships and relationships with others.

What do children learn?

- Learn about how thoughts and feelings impact on actions and develop strategies that will positively impact their actions
- Apply this approach to personal friendships and relationships

Autumn 2 – First Aid Bleeding

1. Put on gloves



2. Apply pressure to the wound

- (but only if there is nothing stuck in it)



3. Apply a dressing to the wound

- the pad goes over the injury
- use bandage to secure it in place
- make sure the bandage is not too tight
- call 999/112



4. Apply second dressing, if needed

- no more than two dressings at a time



5. If an object is in the wound, do NOT remove it

- put a pad on either side of the object
- bandage carefully over the pads without pushing the object in any further



Spring 1 – Fake News

Session	Key Learning
1 – What is fake news?	Introduction to fake news highlighting examples of fake news and asking them to spot what is fake and what is real.
2 – How to spot fake news	Pupils explore a variety of fake news or real websites using a checklist to help them discern what is real and what is fake.
3 – Clickbait	Pupils explore the idea of clickbait and how it encourages people to click on certain headlines or sites.
4 – Advertising	Pupils look at the ways in which advertisers use persuasive language and how search engines collect data to create targeted advertising for individuals, based on their search history.
5 – Who are you?	Pupils explore the ways in which not everything we see on social media is true.

Unit 1 – Religious Understanding deepens pupils understanding and appreciation of the three-part community of love, the Trinity, with the endpoint of discussing the Trinity as it might be communicated in a church setting. Children will learn that the Trinity demonstrates the perfect loving community, and we are called to emulate this self-giving and self-sacrificing love in our communities.

Dear JESUS,

I know that you love me better than I will ever understand
and I know that you love the people I care about just the same.

Please give all the people we are praying for the patience,
strength and hope that they need right now.

Please give me the wisdom and courage
to do what I can to help them.

Amen



Spring 2 – Life in Plastic

Session 1 – The Trinity



What happens in this session?

This session returns to Lucy and her family for one last time, and helps pupils increase their understanding of the Holy Trinity using Scripture activities and prayer. Children will also consider how they can allow the Holy Spirit to work through them to bring God's love into the world.

What do children learn?

- To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity
- To know that the Holy Spirit works through us to bring God's love and goodness to others

Suggested Home Activity

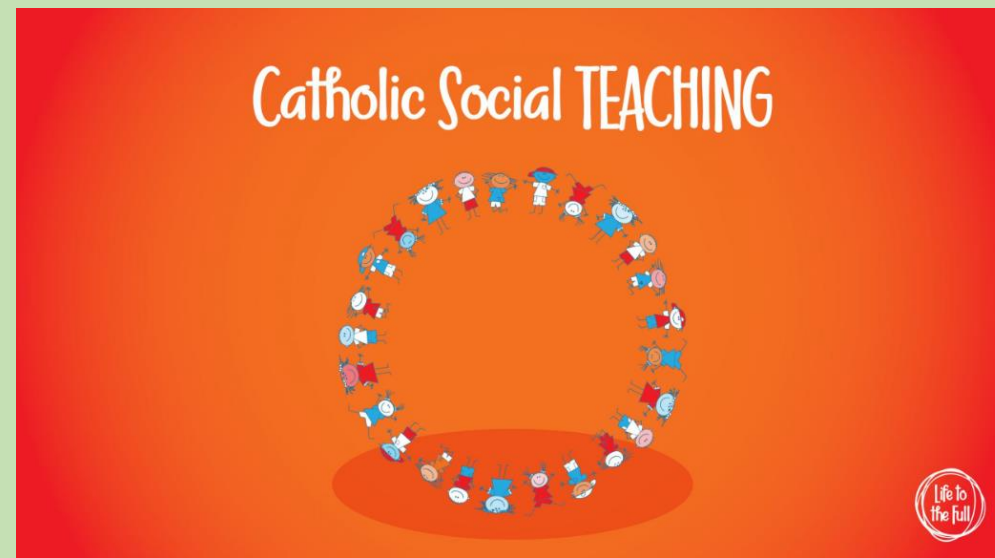
Loving others, the theme of the next few lessons, starts from being aware of how we're loved by God. A good way to embed this learning would be to enjoy a bedtime reflection on the day with your child. Light a candle and ask these questions of yourselves:

- Where have I felt loved today?
- Who has shown care for me?

Finish by thanking God and asking for His help to show love to others tomorrow.

Spring 2 – Life in Plastic

Session 2 – Catholic Social Teaching



What happens in this session?

This lesson introduces the idea of Catholic Social Teaching (CST). Through examples of God's love in action throughout Scripture, children will learn how God wants us to live in society with each other. They will learn the principles of CST, how we can apply these to daily life and how 'loving our neighbour' might mean acting in ways that affect global organisations as well as individuals.

What do children learn?

- The principles of Catholic Social Teaching
- That God formed them out of love, to know and share His love with others

Suggested Home Activity

Following the theme of helping others in the community, what activities could you encourage your child to do this week?

Perhaps they could commit to some activity such as taking out the recycling, donating some toys to charity, giving some of their pocket money to a good cause, writing a letter to grandparents, informing themselves about some world issues or making cakes for neighbours. As a family there might be things you could do together such as giving up puddings one day a week and sending the saved money to CAFOD.

Session	Key Learning
3 – What is plastic?	Pupils begin to explore the ways in which we use plastic on a daily basis.
4 – How does plastic affect our planet?	This lesson gives pupils the opportunity to develop their understanding of the time it takes for plastics to disintegrate and how single-use plastics affect the planet
5 – Making changes	Pupils work in groups to plan a zero-waste party, looking at alternatives to party decorations, invitations, party games and food.
6 – Reduce, reuse, recycle	Pupils identify the 3 Rs and what they mean

Summer 1 – Changing Friendships

Session	Key Learning
1 – What does friendship look like?	Pupils identify times when someone has been a friend to them.
2 – Falling out	Pupils take part in a game to help them understand how effective communication is important and can be difficult.
3 – Being a bystander	Pupils explore the differences between bullying and teasing
4 – Who can we trust?	Pupils discuss times when they have lied or been lied to and the feelings the situation evoked
5 – Friendships online	Pupils discuss the term ‘troll’.

Summer 2– Puberty

In Unit 2 – Me, My Body, My Health, children will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God.

Lord, I believe in you: increase my faith.

I trust in you: strengthen my trust.
I love you: let me love you more and more.
I am sorry for my sins: deepen my sorrow.

Make me wise in planning,
Courageous in taking risks.
Make me patient in suffering, unassuming when I'm doing well.



Keep me, Lord, attentive at prayer,
Balanced in food and drink,
Diligent in my work,
Firm in my good intentions.

Excerpts from Prayer of St Clement

Summer 2 – Puberty

Session 1 – Gifts and Talents



What happens in this session?

This session helps children to understand and appreciate differences and similarities between people. Children should develop a deeper awareness that our value and sense of esteem arises from being loved by God.

In the first episode of the series **Paradise Street**, we are introduced to the four main characters and see their similarities and differences. There is friction over competition and rivalry, with the characters learning that difference – whether physical or skills based – should be celebrated as enriching to a community. One of the characters, Finn, discusses his feelings of insecurity with his Mum and she teaches him that his self-confidence should come from being loved by God.

What do children learn?

- Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community
- Self-confidence arises from being loved by God (not status, etc.)

Suggested Home Activity

Special and Ordinary. If sunsets happened only every few decades, we'd all be out to watch them and the occasion would be memorable. They happen every day however, which makes them special yet ordinary. We've been learning in school that this is just like ourselves – special because we're created by God but ordinary in that we're no better or worse than anyone else in God's family.

Summer 2 – Puberty

Session 2 – What is Puberty?



What happens in this session?

In this session, children will develop a base-level understanding of what puberty is and get a grasp on some of the terminology related to puberty, such as genitalia. This session is a precursor to the session which will follow called 'Changing Bodies' which will look specifically at some of the changes that boys and girls will face when they enter puberty. Through the role-play drama and presenter-led video, children should come out of this session knowing that puberty is part of God's plan for our bodies and that they can embrace the changes with confidence.

Parent note: it is likely that this will happen with Year 4+. If it takes place with children younger than Year 4, your school will share this information with you.

What do children learn?

- What the term puberty means
- When they can expect puberty to take place

That puberty is part of God's plan for our bodies

Suggested Home Activity

One of the activities pupils complete in class is a timeline identifying key milestones in their lives, e.g. first solid food, first steps and words, first day of school, first football game etc. Discuss these milestones with your child, perhaps reflecting back on photos which demonstrate how much they have changed. If your child has siblings, discuss the changes in them too, particularly any older siblings that have gone through/are going through puberty. Highlight not just physical growth, but character growth too. It might be a good opportunity to praise your child for characteristics and qualities you are proud of.

Summer 2 – Puberty

Session 3 – Changing Bodies



What happens in this session?

In the previous session, pupils looked at the word 'puberty' and learnt how puberty is part of God's plan to help us love others more. In this session, pupils will use the correct terminology for genitalia relating to the discussion on puberty and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years.

Parent note: it is likely that this will happen with Year 4+. If it takes place with children younger than Year 4, your school will share this information with you.

What do children learn?

- Correct naming of genitalia
- What changes will happen to boys during puberty
- What changes will happen to girls during puberty

Suggested Home Activity

Invite your child to ask any questions they have about puberty, and/or describe some of your own experiences going through puberty. Particularly discuss their feelings about how their bodies will change and if there is anything you can do to help them feel prepared for it. Allow space for any discussions that arise.

This might be a good opportunity to show girls where sanitary items are stored in the house and demonstrate how they are used.

Summer 2 – Puberty

Session 4 – Girl's Bodies / Boy's Bodies



What happens in this session?

This episode of **Paradise Street** starts with a lesson in class talking about the physical changes that boys and girls experience in puberty and the children respond with different levels of embarrassment and confusion. The film then focuses on the girls' perspective with the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for girls through puberty.

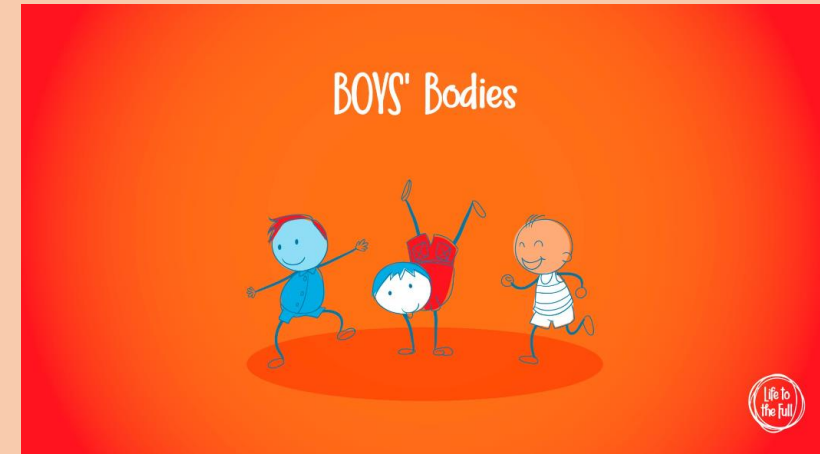
What do children learn?

- That human beings are different to other animals
- About the unique growth and development of humans, and the changes that girls will experience during puberty
- About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately
- The need for modesty and appropriate boundaries

Suggested Home Activity

This and the next are equivalent sessions for boys and girls so the activity is the same for both.

We've been learning about looking after our bodies and what a wonderful gift they are. This week, encourage your child to recognise that gift by doing some caring task they don't normally do, e.g. cleaning their shoes, hanging up their clothes properly or helping their little brother or sister to do so, putting away everyone's clean laundry or collecting it and helping you to sort it, mending any clothes that need it.



What happens in this session?

This episode of **Paradise Street** starts with a lesson in class talking about the physical changes in puberty, and the children respond with different levels of embarrassment and confusion. The film then focuses on the boys' perspective through the characters of Finn and Marcus. Through the drama, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for boys during puberty.

What do children learn?

- That human beings are different to other animals
- About the unique growth and development of humans, and the changes that boys will experience during puberty
- About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately
- The need for modesty and appropriate boundaries

Suggested Home Activity

This and the previous are equivalent sessions for boys and girls so the activity is the same for both.

We've been learning about looking after our bodies and what a wonderful gift they are. This week, encourage your child to recognise that gift by doing some caring task they don't normally do, e.g. cleaning their shoes, hanging up their clothes properly or helping their little brother or sister to do so, putting away everyone's clean laundry or collecting it and helping you to sort it, mending any clothes that need it.

Summer 2 – Puberty

Session 5 – Spots and Sleep



What happens in this session?

This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.

What do children learn?

How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.

Suggested Home Activity

These sessions have involved learning about keeping our bodies healthy. Could you help your child to design a weekly menu? Can they come up with a balanced week's worth of meals for your family, within a budget?

If you go further and they help you cook one of the meals they've suggested, we'd love to see the photos and any reviews from the family!