

RHSE

YEAR 5



Southdale
C of E Junior school
Shining like stars in the universe

One Life - Year 5



STRENGTH OF SELF-AWARENESS

Session 1 MENTAL FITNESS

(Strength of Self-Awareness)

Know: Human Form:

I know my self-image is important for my mental fitness- its ok to be different

- know myself really well and can talk about my unique human self-personality, habits, strengths and weaknesses.
- that some people are trapped in this human form. This is why people compare themselves to others.

Session 2 MENTAL FITNESS

(Strength of Self-Awareness)

As a human Being know: I know that my mind should be my best friend

- that I am a bright light and my being is the most important part of who we are
- we all have values that make up our hearts/spirit and soul
- that thoughts are not facts

Session 3 MENTAL FITNESS

(Strength of Self-Awareness)

I know that I must be self-aware if I want to be my best self

- how they are currently showing up in the world
- that being self-aware means I can choose how I show up and what I say and do in line with my values

Session 4: SOCIAL FITNESS

(Families and people who care for me)

Know:

- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives How important families are in times of difficulty and importance of spending time together. We are wired for connection and not rejection



STRENGTH OF SELF-AWARENESS

Session 5: SOCIAL FITNESS

(Caring friendships)

Know: I know that friendships have to be worked at

- that most friendships have their ups and downs and these can be worked through

Session 6: PHYSICAL FITNESS

(Healthy eating)

Know: I know some consequences of a poor diet

- what constitutes a healthy diet and understand calories and nutritional content (real food and myths)
- the impact of a poor diet on health
- you are in control of your health

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know that they are much more than their human form. Know that they are bright lights which should shine their inner values in their hearts. Know that self-awareness can really help them to show up as their best selves and help them to self-correct if they are not.

Social Fitness:

Know that we are born to connect with others and social fitness is essential to live happy lives. Know that our families provide love, care and protection and that we should spend time together and support each other through the ups and downs of life. Know that caring friendships also have ups and downs and that is ok as long as you are self-aware and respond to it well.

Physical Fitness:

Know that our diets affect how our minds and bodies work and that we should feed it well to ensure it works well. Know that we have one body and we must choose to look after it.



STRENGTH OF OUR RESPONSE SYSTEM

Session 1 MENTAL FITNESS

(Strength of our response system)

Know: I know that all emotions are OK, but it is how we respond to them which is the key

- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

Session 2 MENTAL FITNESS

(Strength of our response system)

Know: I know that my mind is powerful

- that we all have a choice how we respond
- that we must get to know our response system really well to manage our lives

Session 3 MENTAL FITNESS

(Strength of our response system)

I know how my response system works and how I can be more alert and choose my response peacefully

- and name emotions and explain what the smoke alarm is
- 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

Session 4: PHYSICAL FITNESS

(Health and prevention)

Know that we only have one body and we must show it love, care and respect as we grow.

- growing means learning and the more we learn the better choices we can make



STRENGTH OF OUR RESPONSE SYSTEM

Session 5: SOCIAL FITNESS

(Being Safe)

I know about safe touch and contact.

Know

- Boss (boundaries, object, speak up and share) approach to keeping safe
- know what consent is and how it keeps us safe
- where to get advice e.g. family, school and/or other sources

Session 6: SOCIAL FITNESS

(Being Safe)

Know: I know to recognise and report unsafe and feeling bad about adults

- how to recognise and report feelings of being unsafe or feeling bad about any adult
- how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- know the names of the private parts and understand why we use them.

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know that all thoughts and feelings are ok as long as we know how to respond to them and not react to them. Know that some thoughts are not facts and whether they respond appropriately and proportionately to them or not.

Social Fitness:

I know about safe touch and contact and how to recognise and report unsafe feelings about adults in and out of school.

Physical Fitness:

Know that we only get one body and we must show it respect and love as we grow.



FLEXIBILITY OF BOUNCING BACK

Session 1 MENTAL FITNESS

(Flexibility of bouncing back).

Know: I know why it important to bounce back

- that bouncing back is important to my mental fitness
- to accept the isness of life and forgive

Session 2 MENTAL FITNESS

(Flexibility of bouncing back).

Know: I know how to bounce back and be flexible

- know that some emotions can get trapped inside of us and we have to have tools to unravel them
- know that we should let little things easily to ensure inner peace

Session 3 MENTAL FITNESS

(Flexibility of bouncing back).

Know: I know why flexibility in life is important for my happiness and safety

- different ways to help you to bounce back peacefully
- how to recognize some of the habits you are building

Session 4: SOCIAL FITNESS

(Respectful Relationships)

Know: I know why self-respect and respecting others is important

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- the importance of self-respect and how this links to their own happiness.



FLEXIBILITY OF BOUNCING BACK

Session 5: SOCIAL FITNESS

(Respectful Relationships)

Know: I know how to show respect in different situations

- the conventions of courtesy and manners (all above and table manners)
- practical steps they can take in a range of contexts to improve or support respectful relationships on and offline
- how to consider their actions online and whether it is good, right and respectful!

Session 6: SOCIAL FITNESS

(Online Relationships)

- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

Session 6: PHYSICAL FITNESS

(Drugs, Alcohol and Tobacco)

Know: I know key facts about addiction

- facts about legal and illegal substances (focus on smoking and the impact on health)
- smoking is an addiction – your mind likes repetition remember!
- research shows that often people with addictions don't have a good sense of who they are. They are looking to numb the pain of not feeling good within themselves.

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know about bouncing back and why this is important to live a happy and healthy life. Know that it is our choice to say sorry and/or forgive and know that we must accept that it is what it is sometimes if we want to be peaceful within.

Social Fitness:

Know about respectful relationships on and offline. Know how to how to show respect and what is good, right and respectful.

Physical Fitness:

Know about some addictions and why people get addicted to things.

Know that addiction is a sign that someone's inner world/being isn't right. Know about some of the dangers and how to recognise them.



POWER OF COMPASSION

Session 1 MENTAL FITNESS

(Power of Compassion)

Know: I know that self-compassion is important for my mental fitness

- that having self-compassion is very important – learning to be kind to yourself, accepting your mistakes and being comfortable with your feelings. This is one of the key secrets to happiness and mental fitness

Session 2 MENTAL FITNESS

(Power of Compassion)

I know how to show compassion to others

- know that when you make others feel good, it releases happy hormones (serotonin and oxytocin) which makes YOU feel good too!

Session 3 MENTAL FITNESS

(Power of Compassion)

Know:

- how to use the SENSES to be compassionate
- what sympathy, empathy, non-judgemental, sensitivity and extra care mean

Session 4: SOCIAL FITNESS

(Respectful relationships)

Know: I know what it means to be a bystanders and how this can affect mental fitness

- the responsibilities of bystanders (reporting bullying to an adult)
- impact of bullying on mental health and wellbeing



POWER OF COMPASSION

Session 5: SOCIAL FITNESS

(Caring Friendships)

Know: I know how to manage conflict peacefully in my friendships

- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

SESSION 6: CONNECTION LESSON AND REVIEW

EXTRA CONTENT IN LINE WITH RSE CHANGING ADOLESCENT BODY

Know:

- key facts about puberty and the challenging adolescent body (physical and emotional changes)
- and understand that this is normal and accept this
- and understand that this is all age appropriate and it is OK to talk about

END GOALS:

Mental Fitness:

Know that everyone suffers and challenges will happen in life and that compassion means suffering together.

Know that we must be compassionate to ourselves first of all in our words and actions. We can then use the SENSES approach to show compassion to others which makes us feel good inside too.

Social Fitness:

Know what a bystander is and y responsibility in this and how bullying can have a massive impact on someone's mental fitness. Know how to recognise when a friendship is making them feel uncomfortable and how they can resolve things peacefully.



POWER OF NOW

Session 1 MENTAL FITNESS

(Power of NOW)

Know: I know that the present moment is the gift of one life

- know that the mind wants to take us away from the present moment
- I need to feed the spirit/our being to build our mental fitness

Session 2 MENTAL FITNESS

(Power of NOW)

Know: I know that I need to build the power of now for a happy and healthy life

- how to give my full attention when doing and being
- and use senses to be fully alert- don't label it! Feel connected inside

Session 3 MENTAL FITNESS

(Power of NOW)

Know: I know how to build this power.

- the goodness in my life when I am still and present (gratitude for simple things)
- some simple techniques to help me use my power of NOW (mindful touch, mindful eating, mindful listening)
- and remember our mind is conditioned to trick us

Session 4: SOCIAL FITNESS

(Caring Friendships)

Know: I know how to use my mental fitness to support my social fitness

- how to work through challenges in your friendships using your growing mental fitness
- I can understand how disagreements sometimes result in physical violence (including unkind words). I understand that this is the wrong way to respond and how to avoid this.



POWER OF NOW

Session 5: PHYSICAL FITNESS

(Healthy eating)

Know: I know key facts about nutrition

- what constitutes a healthy diet and understand calories and nutritional content (real food and myths)
- the impact of a poor diet on health
- you are on control of your health

SESSION 6: CONNECTION LESSON AND REVIEW

EXTRA CONTENT IN LINE WITH RSE
Changing Adolescent Body**Know:**

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

END GOALS:

Mental Fitness:

Know that we need to have a string power of now to live a happy life in this modern world. Know that we must be alert and pay attention to how often we are fully present in our learning and interactions with others. Know that breathing can help us to achieve this and that it takes practice and awareness because our minds are powerful.

Social Fitness:

Know an understand that sometimes disagreements can lead to physical aggression which is never ok. Know that caring friendships will have ups and downs but we must resolve conflict peacefully and respectfully.

Physical Fitness:

Know that vaccines and immunisation are important for our health and prevention



FLEXIBILITY OF BALANCING DOING AND BEING

Session 1 MENTAL FITNESS

(Flexibility of doing and being)

Know: I know my preferred ways of doing

- preferred ways of doing and being
- I am ok with my strengths and weaknesses on the doing level

Session 2 MENTAL FITNESS

(Flexibility of doing and being)

Know: I know that I must feed by being to live a happy and safe life.

- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- human level won't satisfy you in the absence of conscious being.
- disillusionment will come if you think things/doing will make you happy
- that we must make time to just be
- preferred ways of being

Session 3 MENTAL FITNESS

(Flexibility of doing and being).

I know how to balance the doing and being.

- you are so much more than your human form (thoughts and feelings and what you do)
- you are a bright light and sometimes you need to charge the light in order to live a happy life! (being and not always doing!)

Session 4 PHYSICAL FITNESS

(Healthy Eating)

Know: I know why healthy meals are important

- the principles of planning and preparing a range of healthy meals.



FLEXIBILITY OF BALANCING DOING AND BEING

Session 5 PHYSICAL FITNESS

(Physical health and fitness)

Know: I know the risks of an unhealthy physical lifestyle.

- the risks associated with an inactive lifestyle (obesity)
- that sleep can affect weight, mood and ability to learn

Session 6 PHYSICAL FITNESS

(Physical health and fitness)

Know: I know the importance of exercise and the effects it can have

- the importance of building regular exercise into daily and weekly routines

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know that we must all balance doing and being if we are to live our one life well.

Know that we are only really born to be really good at doing a few things and that is ok.

Know that it is important to look after your being with rest, exercise and self-care techniques which work for you.

Know that living a life just doing will not make you happy.

Physical Fitness:

Know the risks of living an inactive lifestyle (obesity) and how to build regular exercise into your life and why this is important.