

Year Five Overview

My Happy Mind

	Learning Objectives	Key Vocabulary	Department of Education (DFE) Statutory Statements for Primary Schools
Meet My Brain x 5 Lessons	<ul style="list-style-type: none"> • We are learning all about our brains. • We are learning how you can train your mind. • We are learning how each part of Team H-A-P works • We are learning why the Amygdala behaves the way it does. • We are learning what triggers our Amygdala • We are learning how to calm our Amygdala. • We are learning what Neurons and Neural Pathways are. • We are learning how habits can be formed. • We are learning how to look after our brains. • We are learning how Happy Breathing is really good for our brains • We are learning what happens in our brain when we are feeling stressed. • We are learning all about the role of Cortisol. • We are learning how to manage our Cortisol levels 	<ul style="list-style-type: none"> • Brain cells • Hippocampus- Stores memories • Amygdala- keeps us safe from danger • Prefrontal Cortex- helps us to make decision and solve problems • Happy Breathing • Neuroplasticity • Fight, Flight and Freeze • Oxygen • Neuron • Neural • Pathway • Real danger • Perceived danger • Trigger • Cortisol 	
Celebrate x 4 Lessons	<ul style="list-style-type: none"> • We are learning about our Character Strengths and their main types through Virtues. • We are learning which strengths we use the most. • We are learning why it is important to use our strengths. • We are exploring the strengths in even more detail. • We are learning which strengths we use most. • We are learning why it is important to use our strengths. • We are learning about the strengths in more detail. • We are learning how to grow our strengths. • We are learning how we use our Top 5 Strengths • We are learning how we can use our strengths indifferent situations. • We are learning how strengths help us to be at our best. • We are learning how our strengths can help us when we are worried about something 	<ul style="list-style-type: none"> • Wisdom • Courage • Humanity • Justice • Temperance • Virtues • Strength spotting • Top strength • Neuroplasticity • Team HAP • Dopamine • Habits • Neural Pathways • Cortisol 	

<p>Appreciate x 3 Lessons</p>	<ul style="list-style-type: none"> • We are learning what appreciation means. • We are learning why gratitude is important. • We are learning how to develop a deeper sense of gratitude • We are learning what happens when we give and receive gratitude. • We are learning what the Gratitude Domino Effect is. • We are learning what 3 things are important to appreciate. • We are learning what happens when we give and receive gratitude. • We are learning what the Gratitude Domino Effect is. • We are learning what 3 things are important to appreciate. • We are learning how to appreciate ourselves. • We are learning about the links between Character Strengths and Gratitude for ourselves. 	<ul style="list-style-type: none"> • Appreciate • Grateful • Thankful • Wheel of Gratitude • Gratitude Domino Effect • Ourselves • Others • Experiences • Team HAP • Happy Breathing • Dopamine • Attitude of Gratitude • Neuroplasticity • Habit • Domino Effect 	<p>Families and people who care for me</p> <p>1. That families are important for children growing up safe and happy because they can provide love, security and stability.</p> <p>2. The characteristics of safe and happy family life, such as 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.</p> <p>3. That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Caring friendships</p> <p>1. How important friendships are in making us feel happy and secure, and how people choose and make friends.</p>
<p>Relate x 3 lessons</p>	<ul style="list-style-type: none"> • We are learning how to understand and celebrate our differences. • We are learning what Stop, Understand and Consider means and how it can help. • We are learning how to better understand differences. • We are learning how we can use our strengths in different ways • We are learning what makes a good friend • We are learning how friends help us solve problems. • We are learning why it is important to show gratitude to friends • We are learning how Active Listening can help us to relate with others. • We are learning how Active Listening can help us to Stop, Understand and Consider 	<ul style="list-style-type: none"> • Character Strengths • Relate • Get Along • People • Active Listening • 'Stop, Understand and Consider' • Team HAP • Friendships • Relationships • Differences • Perspectives 	<p>Caring friendships</p> <p>2. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.</p> <p>3. That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it.</p>

Engage x 4 Lessons	<ul style="list-style-type: none"> • We are recapping on all the habits we've learnt so far. • We are learning about what we engage in. • We are learning how we can feel good. • We are learning how we can Feel Good and Do Good. • We are learning what Big Dream Goals are. • We are learning how our feelings affect our engagement levels. • We are learning how perseverance and resilience help us. • We are learning how to stay focussed on our goals. • We are learning how we already have the skills of perseverance and resilience. • We are bringing our myHappyMind journey to an end for the year. • We are recapping on everything we have learnt about ourselves this year. 	<ul style="list-style-type: none"> • Engage • Activity • Goal • Feel Good • Do Good • Believe to Achieve • Happy Breathing • Habits • Perseverance • Resilience • Cortisol • Dopamine • Team Goals 	
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Yasmine and Tom Curriculum

	Learning Objectives	Key Vocabulary	Department of Education (DFE) Statutory Statements for Primary Schools
Lesson 1: Yasmine and Tom recap and ground rules for Year 5	<ul style="list-style-type: none"> • Tell you two things that change as you get older. • Explain what ground rules are and why they are important. 	<ul style="list-style-type: none"> • Aggressive • Assertive • Communication • Controlling • Needs • Passive 	Caring friendships 4. The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.

Lesson 2: Online and offline friendships	<ul style="list-style-type: none"> • Explain how healthy friendships and relationships make us feel. • Explain what online bullying is. • Tell someone what to do if they have a bullying problem. • Tell someone what to do if they see any online or offline bullying. 	<ul style="list-style-type: none"> • Bullying • Friendship • Online safety • Unhealthy relationship 	Wellbeing online 8. That abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults.
Lesson 3: Keeping safe - online images	<ul style="list-style-type: none"> • Explain why posting pictures and videos could be risky. • Explain the law about sharing pictures and videos of a child's personal and private body parts. • Describe how to help a friend who has made a 'mistake' online. 	<ul style="list-style-type: none"> • Advice • Netiquette • Personal Data • Privacy • Share Online • Risky 	Wellbeing online 7. How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them.
Lesson 4: Friendships and secrets	<ul style="list-style-type: none"> • Explain the difference between a safe and unsafe secret. • Describe some qualities of a good friendship. • Ask for help if we need it. 	<ul style="list-style-type: none"> • Confidential • Safe secret • Trust • Unsafe secret 	Caring friendships 7. How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.
Lesson 5: Friendships and pressure	<ul style="list-style-type: none"> • Explain what peer pressure is. • Say no to something we don't want to do. 	<ul style="list-style-type: none"> • Assertiveness • Consent • Peer pressure 	Caring friendships 7. How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.
Lesson 6: Keeping safe - safe and unsafe touch	<ul style="list-style-type: none"> • Explain the need to ask and receive permission (consent) for some types of touch. • Identify when physical contact feels unsafe and describe how to ask for help. • Evaluate the importance of choice, control and time limit in making safer choices. 	<ul style="list-style-type: none"> • Consent • PANTS • Safe • Underwear rule • Unsafe 	
Lesson 7: Keeping clean (Lesson 8)	<ul style="list-style-type: none"> • Understand that infection can be spread through unclean hands. • Understand that hand washing can prevent the spread of infection. • Understand when and how to wash hands. 	<ul style="list-style-type: none"> • Bacteria • Fungi • Handwashing • Microbes • Infection • Personal hygiene • Viruses 	Health protection and prevention 5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

<p>Lesson 8: Safety In the Sun (Lesson 9)</p>	<ul style="list-style-type: none"> • How to avoid sunburn. • What is appropriate clothing to cover the skin. • When to increase use of shade. • Why avoidance of exposure to the sun when it is at its strongest is important. • Why using high factor sunscreens is important 	<ul style="list-style-type: none"> • Dangers and benefits of the sun • Factor 30 • Sunburn • Sunscreen • Sun protection • Sun safety • UV light 	<p>Health protection and prevention</p> <p>2. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p>
<p>Lesson 10: Keeping Safe Online Risks</p>	<ul style="list-style-type: none"> • Discuss the positive and negative aspects of the internet. • Understand how information online can be false. • Recognise signs of an online scam. • Know that using social media and some online games are age restricted. • Understand the risks related to online gaming and that it can be addictive. 	<ul style="list-style-type: none"> • Addictive • Advice • Fake message • Hacking • Personal data • Phishing • Pop up • Privacy • Risky • Scam • Share Online 	<p>Online safety and awareness</p> <p>3. That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults.</p> <p>4. The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online.</p>
<p>Lesson 11: Physical Fitness</p>	<ul style="list-style-type: none"> • Understand the benefits of exercise and how it affects our body. • Know that it is important to exercise every day. • Think of different activities that will exercise our body. 	<ul style="list-style-type: none"> • Exercise • Stamina 	<p>General wellbeing</p> <p>1. The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.</p>
<p>Lesson 12: Feeling Good</p>	<ul style="list-style-type: none"> • Understand what wellbeing means. • Explain the link between physical and mental wellbeing. • Understand that it is normal if you sometimes worry about things or feel low - it doesn't mean you have a mental health problem. • Give advice to young people who want to improve their mental wellbeing. 	<ul style="list-style-type: none"> • Anxiety • Emotions • Mental Health • Physical health • Self-care- techniques • Support • Support groups • Vulnerable • Well-being 	<p>General wellbeing</p> <p>2. The importance of promoting general wellbeing and physical health.</p>

Lesson 13: Getting Help	<ul style="list-style-type: none"> • Describe what Childline is and how to access it. • Using my helping hand, we can identify who we can go to for help. • Explain that there is nothing too awful or small that I can't talk to someone about it. 	<ul style="list-style-type: none"> • Childline 	<p>General well being</p> <p>9. Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</p>
Lesson 14: Isolation and Loneliness	<ul style="list-style-type: none"> • Identify and discuss what loneliness is and how it makes us act. • Recognise situations and events that might make people feel lonely. • Talk openly about loneliness and maintain meaningful connections with others. • Learn what we can do to cope with loneliness and help others who feel lonely. 	<ul style="list-style-type: none"> • Connections • Isolation • Kindness • Loneliness 	<p>General wellbeing</p> <p>6. That isolation and loneliness can affect children, and the benefits of seeking support.</p>
Lesson 15: Immunisation and Vaccinations	<ul style="list-style-type: none"> • Recognise the signs if someone is becoming ill. • Know what an allergy is and name some common allergies. • Understand that taking vaccines can protect us against a wide range of diseases and illnesses. • Understand why taking vaccines is important. • Understand the basics of how vaccines work. 	<ul style="list-style-type: none"> • Allergy • Antibody • Edward Jenner • Herd Immunity • Immunity • Vaccination • Vaccine 	<p>Health protection and prevention</p> <p>6. The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.</p>
Lesson 16 and 17: Changes at puberty (Year 6 Lesson 1. This is important to teach in Y5 as many children have started to notice changes to their bodies by the age). This may take two lessons	<ul style="list-style-type: none"> • Identify some of the changes that happen to our bodies. • Describe who to talk to when we need help dealing with puberty. • Ask for support for any changes that are difficult to manage. <p>* Boys and girls will be split for this lesson.</p>	<ul style="list-style-type: none"> •Breasts •Nipple •Hips •Vagina •Discharge •Hormones •Mood swings •Oestrogen •Progesterone •Puberty •Pubic hair •Testosterone •Voice breaks •Wet dreams •Testicles 	<p>Developing bodies:</p> <p>1. About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process</p>

		<ul style="list-style-type: none"> •Penis •Erection •Scrotum •Facial hair •Growth spurt •Voice box 	
<p>Lesson 18: Periods (menstruation)/Boy changes (Year 6 Lesson 2)</p> <p>This may take two lessons</p>	<p>Girls:</p> <ul style="list-style-type: none"> • Explain what a period (menstruation) is. • Suggest ways to overcome possible problems from periods. <p>Boys:</p> <ul style="list-style-type: none"> • To understand what happens to my body as I grow • To understand what an erection is and that this is part of growing up <p>* Boys and girls will be split for this lesson.</p>	<ul style="list-style-type: none"> • Cervix • Egg • Fallopian tubes • Fertilised • Lining of the womb • Menstrual cup • Menstrual cycle • Ovary • Ovulation • Period pants • Periods (menstruation) • Sanitary towel • Tampon • Uterus • Vagina • Washable pads 	<p>Developing Bodies</p> <p>3. The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.</p>

Additional Online Safety lessons: A good Night's sleep and Being fair with content

Special Themed Weeks:

- Welcome back to school- Look at class charter, Zones of Regulation
- Anti-Bullying Week
- Children In Need
- Children's Mental Health Week
- Safer Internet Day
- Comic Relief