

Year 5



Strand one of the Pol-Ed curriculum for Year 5 focuses on strengthening pupils' ability to manage influence, set boundaries and stay safe online and offline. As their independence grows, strand two encourages pupils to think their online behaviour, risky situations and substances in an age appropriate way. Through strand three, they explore identity, the emotional changes linked to puberty, and how personal choices affect wellbeing. This supports resilience, informed decision making and confidence during a period of significant change.

Relationships	Keeping Safe	Understanding the Law	Wellbeing
---------------	--------------	-----------------------	-----------

Autumn Term		Spring Term		Summer Term	
How can my adult relationships affect my future?		What are the risks with money?		What is media influence?	
Why are our special people important?		What is gambling?		What do I know about drugs?	
How do rules help our community?		How can we keep our things safe?		What is my personal identity?	
What are my personal boundaries?		How can we use our phones sensibly?		How might puberty impact the way I feel?	
What is peer pressure?		What can and can't I do on the internet?		How might being online impact the way I feel?	
What are online friendships?		How can we keep safe on the road?		How might my activity levels impact the way I feel?	
What is grooming?		What is media literacy?		How might school impact the way I feel?	
How do words have power?		What are deep fakes?		How can drugs and alcohol make people feel?	

British Values

Democracy, Rights and Responsibility, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance of Difference.

Key Vocabulary

identity	social media	peer pressure
safety	money	influence
safe	risk	community
deep fakes	boundaries	grooming
gambling	puberty	drugs

Substantive - Subject Knowledge

Bigger Picture - Support words