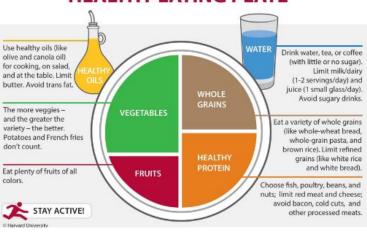
### SMSC Year 5



# Health and Wellbeing

#### **HEALTHY EATING PLATE**



How can we make informed decisions about our health?

What are the benefits of a healthy diet?

What can affect our health in a positive or negative way?

How do we set ourselves goals?
What are we good at?
How do we manage complex feelings?
How do we cope

How do we cope when we feel grief? How will my body change during puberty?





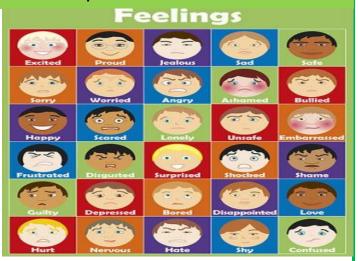


How do I manage my personal safety?

How do I stay safe with technology and online?

# Relationships

How do I respond to other people's feelings?
What are consequences?
How do we work collaboratively?
How do we learn to negotiate, compromise and give feedback?





How do we practise listening to others?

What is a good listener?

What do I if I feel concerned?

How do I challenge someone when I don't agree with something?

### SMSC Year 5

## Living in the Wider World

What are The Rights of the Child? How does UNICEF support these? What rights do we enjoy that others don't?

How can I support the rights of others?

What rights do I have in British Law? What is meant by anti-social behaviour?

How do we resolve differences?

Why is money important in people's lives?

What is a critical consumer?

How do I manage money?

What is an interest loan? What is debt?

What is tax?

What are my rights, responsibilities and duties with the environment?







## **Religious Education**



Why do some people think that God exists?

What would Jesus do? (values)

If God is everywhere, why go to a place of worship?

Is it better to express your beliefs in art and architecture or in charity and generosity?

What matters most to Christians and Humanists?