

# PSHRE (Cycle B) | Years 5 & 6 | 2025-26

## Citizenship

What happens when the law is broken?

What links are there between rights and responsibilities?

How can we protect the planet?

How can we contribute to our communities?

What are pressure groups?

How does parliament work?

## Economic Wellbeing

Why prioritise needs over wants?

What is a weekly budget?

What is borrowing and loaning?

What are the risks of handling money online?

Why challenge workplace stereotypes?

What makes a suitable career?

## Transitions

What ground rules should we set for PSHRE lessons? – start of year.

What roles and responsibilities might we have? – end of year.

## Family and Relationships

How can I form and maintain positive friendships?

What is marriage?

What can I do if family relationships are making me unhappy?

How do stereotypes lead to discrimination and how have attitudes changed over time? (gender, race and religion)

## Safety and the changing body

What are some issues related to online friendships?

How can we stay safe online?

What physical changes happen during puberty?

What emotional changes happen during puberty?

## Health and Wellbeing

How can I relax using yoga?

What are the benefits of sleep?

How can we embrace failure?

What risks are associated with the sun and how can these be avoided?

How can I help somebody who is bleeding?

How do others influence us and how can I make my own decision?