Year 5 Lesson Directory

This directory provides an overview of the Year 5 Muse Wellbeing lessons, including lessons that support statutory Relationships Education, statutory Health Education, wider PSHE and pupil wellbeing.

Year 5 helps pupils build a more developed understanding of wellbeing, relationships, safety, identity and their place in the wider world. Lessons are designed to be age-appropriate, practical and discussion-based, supporting children to understand mental health, manage change and loss, explore puberty, recognise risk, build respectful relationships and think critically about their role in local and global communities.

The lessons are grouped into three areas of learning:

Health and Wellbeing: Pupils explore mental health, grief, drugs, puberty, screen time and emergency safety.

Understanding Relationships: Pupils learn about family diversity, commitments, boundaries, online safety and trust.

The World Around Us: Pupils explore rules, democracy, environments, economies, community service and budgeting.

Teachers can use this directory to quickly understand the sequence of learning across the year, identify lesson themes and support medium-term planning. PSHE leads and senior leaders may also use it as a simple overview of curriculum coverage for Year 5.

Together, these lessons help pupils strengthen their knowledge, vocabulary and confidence as they continue their PSHE and wellbeing journey with Muse Wellbeing.

Year 5 Lesson Directory: Health and Wellbeing

		Main Learning Objective	Sub Learning Objective
1	5 Ways to Wellbeing	To take positive steps in the ongoing maintenance of mental wellbeing (hobbies, healthcare, support)	To recognise that their emotions will change in intensity and scale regarding an experience over time
2	Let's Check In	To understand that mental ill health is common and can affect all people	To recognise how their own actions can lead to a better overall mental wellbeing
3	Loss and Grief	To consider how change and loss can affect our mental health and ways to help themselves and others during these situations	To understand the effects of loss and grief and strategies to cope with these experiences and bereavement
4	In Balance	To explain the key characteristics of a balanced and healthy lifestyle	To recognise what positively and negatively affects our physical wellbeing
5	Active Vs. Inactive	To identify the risks associated with an inactive lifestyle (obesity, sleep issues, illness)	To know when and how to seek support when feeling concerned about their physical wellbeing
6	Knowing Nutrition	To know the effects of a range of food types and food groups on our physical health	To understand how to plan and prepare for eating a healthy, well balanced diet
7	Drugs and Their Effects	To understand the risks and effects of common drugs, alcohol and smoking	To use personal choice in selecting activities to minimise risky situations
8	Gender Roles	To understand that some people describe themselves using a range of gender identities	To recognise their own individual characteristics and positive qualities
9	All About Puberty	To understand the major stages of puberty and its effects (both emotionally and physically; including wet dreams, erections and menstruation)	To identify a range of hygienic routines specifically for when experiencing the natural process of puberty
10	Screen Time	To know that their use of technology and the internet can impact their physical and mental wellbeing	To apply "media balance" to their interactions with technology and the internet
11	Personal Choice	To know the difference in meaning between "risk", "danger" and "hazard"	To use personal choice in selecting activities to minimise risky situations
12	Emergency Services	To know how to react to an emergency situation or accident in the most appropriate and safe way	

Year 5 Lesson Directory: Understanding Relationships

		Main Learning Objective	Sub Learning Objective
13	Families of All Shapes and Sizes	To know there are many different types of family units (single parents, foster parents, step parents, blended families, same-sex parents)	
14	Commitments	To understand that adults often make lifelong commitments to each other through marriage, civil partnerships or in other ways	
15	Global Families	To know that family units may look and behave differently in other parts of the world	To respect that families of all types and structures can offer love, support and care
16	Healthy Friendships	To recognise that offering support is key to developing healthy friendships	To know that friendships can change in strength and intensity as time goes on
17	Boundaries	To recognise when a friendship is making them feel uncomfortable and strategies for dealing with this	To know that sometimes they must say "no" to friends when they feel uncomfortable
18	Self-Respect	To understand the importance of self-respect and how this affects our wellbeing	
19	Empathy and Us	To understand many children and adults have different social, emotional or physical needs from their own	To know that they should expect to be treated in the same manner that they treat others
20	Peer Mentoring	To model positive behaviour for other members of their local communities (including school)	
21	Online Interactions	To know ways to stop harmful communication when interacting online (through games, streaming platforms)	To know how to be safe when forming digital friendships
22	Cyberbullying	To understand what cyberbullying is and how they can stop it	
23	Trust	To know that sometimes they may need to break trust in keeping a secret to protect themselves and others	To recognise when others around them may be unsafe and how to report this
24	How We Act and Behave	To understand how to act and behave when feeling uncomfortable around other people (including friends, family and strangers)	To understand how and where to get support when having any concerns about their own or others' relationships

Year 5 Lesson Directory: The World Around Us

		Main Learning Objective	Sub Learning Objective
25	Rules	To understand common, shared rules and why they are important to follow for everyone in their community and the UK	
26	Democracy	To understand the characteristics of a democracy and its impact on people living within this system	
27	Environmental Issues	To know different environmental crises affecting our global community today	To consider the problems caused by environmental issues and give possible solutions
28	Global and Local Events	To understand a range of global and local events and the impact they can have	
29	Economies Around the World	To understand that many areas of our world have different economic resources and the challenges this can bring	To understand stereotypes within the workplace and how it can affect people's future employment choices
30	Community Service	To recognise the role of voluntary and community service both locally and globally	To begin participating in and supporting the development of their school environment
31	Amazing Festivals	To understand and celebrate the many diverse members of their local community	To recognise the impact of anti-social behaviours and prejudice within their communities
32	Sustainable Development Goals	To recognise that many countries and people around the world have a variety of challenges and needs	To show empathy when considering a person's needs, feelings or ideas that are different to their own
33	A Game of Life	To identify ways to budget and why this is important	
34	The Big Debates	To share thoughts and opinions on shared social and moral dilemmas with reasoning	To reflect positively on feedback to improve their next projects and learning experiences
35	Team Winners	To recognise the different types of skills needed to be successful within a variety of workplaces (teamwork, communication)	
36	Reflection	To consider their strengths, weaknesses and personal growth made during primary school	