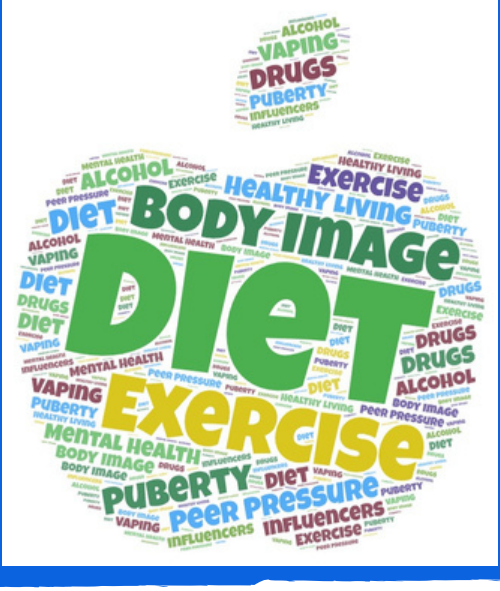
Year 5/6 - Summer 2026

Amazing Me

Why Am I Learning This?

I need to know how to make healthy decisions and the importance of a balanced diet and exercise. I need to realise what impact my choices have on my physical health and well-being. I need to know what changes will happen to my body during puberty and how I can manage them. Body image is very topical in the news and online influences are having a negative impact on body image. It is important that I am aware of the dangers and clearly informed about airbrushing and misrepresentation in the media and online. I will be able to empathise with others and to develop an understanding that my values, attitudes and identity are shaped by different groups and influencers. This will help me to make healthy decisions if I experience peer pressure in the future especially relating to vaping, drugs and alcohol.



Key Questions

- How do my body organs work and how can I look after them?
- What can cause harm to my body?
- How can I eat a balanced diet?
- How does exercise help me to stay healthy?
- How is my body changing and how will this affect how I feel about myself?
- Why is important to be unique?
- What can I do to be the best version of me?
- How are we all different?
- How should we celebrate body image?
- What is an influencer?
- What makes us healthy, confident individuals?
- What could healthy decisions look like?
- What else can I do to stay healthy in body and mind?

Learning Journey

Humanities – Philosophy – question and concepts
RSE – Mandatory elements – Puberty, reproduction and growing up. (Puberty only for Year 5 - School nurse visit)
H&WB –physical health, empathy, diet and decision making, cricket and athletics
Expressive arts –film making, digital music, drama
Sci and Tech – Living things, scientific enquiry, computational thinking
Maths - health statistics, fractions, decimals, percentages, financial literacy, algebra, shape space and measures
Literacy - Oracy, reading and writing tasks linked to Amazing me including discussion and explanation

Additional experiences

May Fayre - Enterprise project - Year 6
Transition Week and cluster activities - Year 6
Visits to Crucial Crew - personal safety awareness - Year 6
Visitors to school - health care professionals and school nurse for Year 5
Leavers assembly - Year 6
Ongoing - Homework days and PE/Forest Schools sessions continue in line with the Spring Term

Everyone is unique, everyone is important and everyone deserves the very best!