

Year Five: PSHE

Families and Relationships. In this unit, children will:

- Develop an understanding of families, including marriage and what to do if someone feels unsafe in their family
 - Learn that dealing with issues can strengthen a friendship
- Explore the impact of bullying and what influences a bully's behaviour
 - Learn how to appreciate our individual positive attributes.

RSE links	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 8	Key Vocabulary
CR1, CR4 FP3, FP5, FP6 RR4, RR6, RR7	Friendship skills Knowledge: <ul style="list-style-type: none"> • I understand that friendships have ups and downs. • I can provide possible solutions to friendship problems. • I understand that friendships can sometimes be strengthened after an issue has occurred. <i>SMSC: Spiritual, Social British Values: Individual Liberty</i>	Marriage Knowledge: <ul style="list-style-type: none"> • I understand that marriage is a legal commitment. • I understand that marriage is an individual choice. • I can explain why people might decide to get married. <i>SMSC: Spiritual, Social British Values: Rule of law, Mutual respect, Individual liberty, Tolerance</i>	Respecting myself Knowledge: <ul style="list-style-type: none"> • I can identify positive attributes in my peers • I can identify positive attributes that make me who I am • I understand that having respect for myself will help me make good choices. <i>SMSC: Spiritual, Social British Values: Individual liberty</i>	Family life Knowledge: <ul style="list-style-type: none"> • I understand that sometimes families can make children feel unhappy or unsafe. • I know who can help me or my friends if something is making them feel unhappy or unsafe. • I can explain why keeping secrets is not a good thing to do. <i>SMSC: Social British Values: Individual Liberty</i>	Bullying Knowledge: <ul style="list-style-type: none"> • I understand what might lead to someone bullying others • I can explain how someone who is being bullied might feel • I know who I can talk to if I am worried about bullying <i>SMSC: Moral, Social British Values: Mutual respect</i>	Stereotypes: Race and religion Knowledge: <ul style="list-style-type: none"> • I can explain how we make assumptions about people based on how they look • I understand that stereotypes around race and religion can be harmful • I can explain how stereotypes can affect the way people are treated and can lead to discrimination <i>SMSC: Moral, Social British Values: Mutual respect, Tolerance, Rule of law</i>	Friendship, problem, solution, wedding, marriage, choice, religion, legal, lifelong, attributes, proud, skill, self-respect, family, positive, problem, help, support, bullying, bystander, cyberbullying, victim, unkind, race, religion, stereotype, discrimination, racism

Health and Wellbeing. In this unit, children will:

- Learn to take greater responsibility for their sleep
- Learn about sun safety, healthy eating and managing feelings
 - Think about setting goals and embracing failure
 - Understand the importance of rest and relaxation

RSE links	Lesson 2	Lesson 3	Lesson 5	Lesson 6	Lesson 7	Key Vocabulary
HP2, HP3 MW1, MW2, MW4 HE1, HE2, HE3	The importance of rest Knowledge: <ul style="list-style-type: none"> • I can describe why sleep is beneficial • I understand what affects sleep • I understand that I can take responsibility for my own sleep 	Embracing failure Knowledge: <ul style="list-style-type: none"> • I can describe how failing makes me feel • I know strategies to help manage feelings of failure • I understand why failure is helpful • I know that it is important to learn from failure <i>SMSC: Spiritual</i> <i>British Values: Individual Liberty</i>	Taking responsibility for my feelings Knowledge: <ul style="list-style-type: none"> • I can describe a range of feelings • I understand that my actions affect other people • I can use different strategies to manage my feelings <i>SMSC: Spiritual, Moral, Social</i> <i>British Values: Individual liberty</i>	Healthy meals Knowledge: <ul style="list-style-type: none"> • I understand what a healthy diet consists of and create healthy meals using this knowledge • I can plan a healthy meal, following the NHS recommended daily intake allowance 	Sun safety Knowledge: <ul style="list-style-type: none"> • I understand the risks of exposure to the sun • I can explain the things I need to do to keep myself safe in the sun • I understand as I get older I need to take responsibility for my own safety in the sun 	Quantity, sleep, rest, relax, quality, fail, failure, succeed, try, overcome, experience, destiny, choice, feeling, emotion, calories, healthy diet, food groups, recommended daily intake (RDI), serving, portion, obesity, responsibility, risk, weather, UV rays, sunburn, skin cancer

Safety and the Changing Body. In this unit, children will:

- Explore the emotional and physical changes of puberty, including menstruation
 - Learn about online safety
 - Learn strategies to overcome potential dangers
- Learn how to administer first aid to someone who is bleeding.

RSE links	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Key Vocabulary
ISH1, ISH2, ISH3 CAB1, CAB2 BFA1, BFA2 DAT1	Staying safe online Knowledge: <ul style="list-style-type: none"> • I can identify possible dangers online. • I can suggest ways to stay safe online. • I can use the web to find information about staying safe online. <i>SMSC: Social</i>	Puberty Knowledge: <ul style="list-style-type: none"> • I understand how the body changes as a child becomes an adult. • I can accurately label sexual external parts of the body. • I can accurately label internal reproductive organs. 	Menstruation Knowledge: <ul style="list-style-type: none"> • I understand the process of the menstrual cycle. • I can explain some changes I will go through during puberty. • I know who I can go to for help if I need to. 	Emotional changes in puberty Knowledge: <ul style="list-style-type: none"> • I understand that puberty may change my feelings as well as my body. • I understand that everyone is different and these differences are normal. • I know who I can talk to if I am worried about anything. 	First Aid: Bleeding Knowledge: <ul style="list-style-type: none"> • I know that it is important to ensure the safety of myself and others. • I can assess a casualty's condition calmly. • I know how to comfort and reassure a casualty who is bleeding. • I can explain how to seek medical help if required. <i>SMSC: Social</i>	Alcohol, drugs and tobacco: making decisions Knowledge: <ul style="list-style-type: none"> • I can explain some things I can make my own decisions about • I understand that other people might try to influence my decisions and choices • I know some strategies I can use to overcome pressure from others <i>SMSC: Social, Moral</i> <i>British Values: Rule of Law, Individual liberty</i>	Appropriate, sharing, risk, danger, private, puberty, change, cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, opening, vaginal opening, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation, egg, ova, ovaries, womb, bleeding, lining, sanitary products, towels, tampons, reusable products (period pants, cups), voice breaking, attraction, feelings, arteries, heart, severe, minor, veins, shock, oxygen, red blood cells, circulating, white blood cells, infection, bandaging, safety, influence, choice, decision, pressure, peer pressure, peer acceptance

Citizenship In this unit, children will:

- Have an introduction to the justice system
- Learn how parliament works and about the role of pressure groups
 - Learn about rights and responsibilities
- Learn about the impact of energy on the planet and contributing to the community

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RSE links	Lesson 1	Lesson 2	Lesson 3	Lesson 5	Lesson 6	Key Vocabulary
Non-statutory links to PSHE association recommended unit 'Living in the Wider World'	<p>Breaking the law</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand what happens when someone breaks the law. I can explain the process of a trial. <p><i>SMSC: Moral</i> <i>British Values: Rule of law.</i></p>	<p>Rights and responsibilities</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand that rights apply to everyone. I understand that there are responsibilities as well as rights. I can explain what freedom of expression means and what limitations there are. <p><i>SMSC: Moral, Social</i> <i>British Values: Individual liberty, Mutual respect.</i></p>	<p>Protecting the planet</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand how reducing the use of materials and energy helps the environment. I can explain some of the things individuals can do to reduce use of materials and energy. I can explain some of the things the government and business can do to reduce the use of materials and energy. I know how individuals can influence government and business. <p><i>SMSC: Moral, Social</i></p>	<p>Pressure groups</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand what a pressure group is. I can explain how pressure groups can bring about change. <p><i>SMSC: Social</i> <i>British Values: Democracy</i></p>	<p>Parliament</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand how Parliament works. I can explain what the the parts of parliament are. I can identify some qualities needed to be an MP. <p><i>SMSC: Social</i> <i>British Values: Democracy</i></p>	<p>Rule, consequence, law, magistrates' court, Crown Court, police, trial, fair, judge, jury, prosecution lawyer, defence lawyer, defendant, freedom of expression, right, responsibility, reduce, environment, energy, materials, government, company, businesses, pressure group, change, charity, campaign, celebrities, parliament, monarch, Government, House of Commons, House of Lords, Prime Minister, opposition, speaker</p>

Economic Wellbeing. In this unit, children will: <ul style="list-style-type: none"> Develop an understanding about income and expenditure, borrowing and risks with money 				
RSE links	Lesson 1	Lesson 2	Lesson 3	Key Vocabulary
Non-statutory links to PSHE association recommended unit 'Living in the Wider World'	Borrowing Knowledge: <ul style="list-style-type: none"> I understand that people sometimes borrow money to buy things I understand that if you borrow money you have to return it I understand that there are different ways to borrow money and most will have a cost I can explain why people make different decisions about money <i>SMSC:</i> <i>British Values:</i>	Income and expenditure Knowledge: <ul style="list-style-type: none"> I understand what income and expenditure are I can track income and expenditure I understand that there are choices to be made on how to earn money I can explain why people might make different choices about money <i>SMSC:</i> <i>British Values:</i>	Risks with money Knowledge: <ul style="list-style-type: none"> I understand some ways money can be lost I can explain how risky certain spending is I can explain why people might take risks with money <i>SMSC:</i> <i>British Values:</i>	Lend, borrow, interest, repayment, income, expenditure, earn, save, spend, lose, stolen, risk, chance