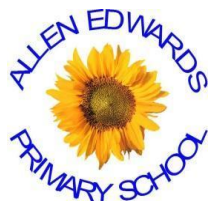


Individually Strong, Collectively Stronger!

PSHE and RSHE			Year 5		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 Being Me in My World:	 Celebrating Differences:	 Healthy Me:	 Dreams and Goals:	 Relationships:	 Changing Me:
1. LI: To face new challenges positively and set personal goals. LI: To know what I value most about my school and to identify my hopes for this school year. 2. LI: To understand my rights/ responsibilities as a British Citizen. LI: To empathise with people in this country whose lives are different to my own. 3. LI: To understand my rights/ responsibilities as a member of my school. 4. LI: To make choices about my own behaviour based on an understanding of rewards, consequences, and	1. LI: To understand that cultural differences sometimes cause conflict. LI: To be aware of my own culture. 2. LI: To understand what racism is. 3. LI: To understand how rumour-spreading and name-calling can be bullying behaviours. LI: To describe and evaluate a range of strategies for managing feelings and problem-solving in bullying situations. 4. LI: To explain the difference between direct and indirect types of bullying.	1. LI: To know the health risks of smoking <u>and</u> <u>vaping</u> and to explain some of the ways that tobacco and nicotine are harmful to the body. LI: To make an informed decision about whether or not to smoke <u>or vape</u> and know how to resist pressure. 2. LI: To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. LI: To make an informed decision about whether or not to drink alcohol and know how to resist pressure. 3. LI: To know about and be able to put into practice basic emergency aid procedures (including recovery position) and	1. LI: To understand that I will need money to help me achieve some of my dreams. LI: To identify what I would like my life to be like when I am grown up. 2. LI: To recognise that there are different ways that people's spending decisions can affect others and the environment, and that things have different values. LI: To recognise that people have different attitudes towards saving and spending money and towards risk. 3. LI: To explore a range of different jobs and think critically about the information I see about them online. LI: To recognise my own strengths and qualities and understand that it's OK for	1. LI: To develop an accurate picture of who I am as a person (characteristics and personal qualities). LI: To develop strategies to continue to build self-esteem. 2. LI: To understand that belonging to an online community can have positive and negative consequences. LI: To have strategies to recognise when a community online is unsafe or uncomfortable. 3. LI: To understand there are rights and responsibilities in an online community or social network. 4. LI: To know there are rights and responsibilities when playing a game online.	1. LI: To be aware of your own self-image and how my body image fits into that. LI: To know how to develop my own self-esteem. 2. LI: To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. LI: To understand that puberty is a natural process that happens to everyone. 3. LI: To describe how boys' and girls' bodies change during puberty and



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causes including my own emotions. 5. LI: To understand the impact of an individual's behaviour on a group. 6. LI: To understand how having a voice and democracy benefits a community. LI: To understand why our school and class communities benefit from a Charter to help others to follow it.	LI: To know and explain some ways to encourage children who use bullying behaviours to make other choices and to know how to support children who are being bullied. 5. LI: To compare my life with people in the developing world. 6. LI: To understand and respect a different culture from my own.	know how to get help in emergency situations. 4. LI: To understand how the media and celebrity culture promotes certain body types. 5. LI: To describe the different attitudes people have to food and how these can be affected by external influences. 6. LI: To know what makes a healthy lifestyle including healthy eating and the choices I need to make in order to be healthy and happy. LI: To be motivated to keep myself healthy and happy.	my goals and identity to change as I grow. 4.LI: I can describe and reflect on the dreams and goals of young people in a culture different to mine. 5. LI: To understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other. 6. LI: To encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship.	LI: To identify when an online game is becoming unhelpful or unsafe. 5. LI: To recognise when I am spending too much time using devices (screen time). LI: To identify things I can do to reduce screen time. 6. LI: To explain how to stay safe when using technology to communicate with my friends and to recognise that I have rights about my personal data. LI: To use strategies to help me stay safer online including confidently questioning information and saying 'no' when I feel uncomfortable.	express feelings about this. 4. LI: To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities. 5. LI: To identify what I am looking forward to when I am in Y6.
Whole school event links:					
Introductory Rights Respecting Schools afternoon LI: To explore children's rights and how we can support children whose rights are not respected	Anti-Bullying Week LI: To explore what bullying is, its effects and strategies to support myself and others. OutRight Campaign on World Children's Day LI: To explore how I can use my voice to create change	Children's Mental Health Week LI: To explore the links between physical and mental health and strategies that can support my wellbeing	Red Nose Day LI: To explore the consequences of poverty around the world and how charity and fundraising can help Aspirations Week LI: To talk with a range of adults about their jobs and reflect on my own aspirations for the future	Culture Day LI: To celebrate the diverse range of cultures that make up our school community	Refugee Week LI: To explore the changes that refugees go through and how we can support and welcome them