

Year 5 - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
<p style="text-align: center;">Autumn 1 Topic: Me and My Relationships</p>	<ul style="list-style-type: none"> • what collaboration means. • the difference between negotiation and compromise. • what is needed for a good friendship. • what things make a relationship unhealthy. • basic emotional needs and understand that these change according to circumstance. • the characteristics of passive, aggressive and assertive behaviours. 	<ul style="list-style-type: none"> • give examples of when I have worked collaboratively. • describe strategies for resolving difficult issues or situations. • give examples on how to be a good friend. • know who to talk to if I need help. • identify risk factors in given scenarios. • identify assertiveness skills.
<p style="text-align: center;">Autumn 2 Topic: Valuing Difference</p>	<ul style="list-style-type: none"> • the meaning of discrimination and its injustice and describe using examples. • the importance of mutual respect for different faiths and beliefs. • that the information we see online, either text or images, is not always true or accurate. • that some people can get bullied because of the way they express themselves. 	<ul style="list-style-type: none"> • consider how discriminatory behaviour can be challenged. • describe the benefits of living in a diverse society. • identify the different groups that make up the school and wider community. • understand and explain the difference between sex, gender identity, gender expression and sexual orientation. • give examples of how bullying behaviours can be stopped.

Year 5 - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
<p style="text-align: center;">Spring 1 Topic: Keeping Safe</p>	<ul style="list-style-type: none"> • describe the difference between online and face-to-face bullying. • that people aren't always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face; • how to protect personal information online. • understand what makes a situation risky. • understand there are potential health risks associated with vaping. • understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these. • define what is meant by a dare. • understand why and how a habit can be hard to change. • that all medicines are drugs, but not all drugs are medicines. 	<ul style="list-style-type: none"> • demonstrate strategies to deal with both face-to-face and online bullying. • consider what information is safe/unsafe to share offline and online and reflect on the consequences of not keeping personal information private. • suggest what someone can do when faced with a risky situation. • describe some of the health risks caused by vaping. • identify risk factors in a given situation. • suggest ways to stand up to someone who makes a dare. • give examples of habits. • understand when medicines can be helpful or harmful.
<p style="text-align: center;">Spring 2 Topic: Rights and Respect</p>	<ul style="list-style-type: none"> • the difference between a fact and an opinion. • what biased reporting is. • what is meant by the terms voluntary, community and pressure (action) groups. • the difference between responsibilities, rights and duties and describe each of them. 	<ul style="list-style-type: none"> • identify, write and discuss issues currently in the media concerning health and wellbeing. • share my opinions on issues concerning health and wellbeing.

Year 5 - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
<p style="text-align: center;">Spring 2 Topic: Rights and Respect</p>	<ul style="list-style-type: none"> • the terms loan, credit, debt and interest. 	<ul style="list-style-type: none"> • give examples of facts and opinions on a topic. • give examples of voluntary groups and what they do. • discuss what makes some responsibilities, duties or rights difficult to follow. • suggest advice on a range of situations involving finance.
<p style="text-align: center;">Summer 1 Topic: Being my Best</p>	<ul style="list-style-type: none"> • the importance of food, water and oxygen, sleep and exercise for the human body and its health. • what is meant by a community. • people who are responsible for helping me stay healthy and safe. • that the way people are portrayed in the media isn't always an accurate reflection of them in real life 	<ul style="list-style-type: none"> • explain the functions of at least one internal organ. • identify my own strengths and talents. • Explain what my school community means to me. • suggest ways in which I can help the people who help me. • describe star qualities of celebrities as portrayed by the media and ordinary people.

Year 5 - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
<p style="text-align: center;">Summer 2 Topic: Growing and Changing</p>	<ul style="list-style-type: none"> • The difference between good and not so good feelings. • that some situations can make me feel uncomfortable. • the difference between a safe and an unsafe secret. • what will happen to my body during puberty. • that different emotions can affect how my body feels. • how someone might feel when they are separated from someone or something they like. 	<ul style="list-style-type: none"> • explain strategies to help me build resilience • identify people who I can trust. • identify how to help somebody if they feel unsafe. • explain how to keep my body clean and healthy. • list some of the ways my body feels when I am nervous or sad. • suggest ways to help somebody deal with separation.