

PSHE and RSE

Year 5



Key Vocabulary	Core knowledge & key questions	Links to British values
<p>Families and Relationships</p> <p>attributes bullying bystander cyberbullying marriage secret wedding</p> <p>Health and Wellbeing</p> <p>fail goal protect relaxation responsibility steps</p>	<p><u>Families and Relationships</u></p> <p>Family</p> <p>To know that marriage is a legal commitment and is a choice people can make.</p> <p>To know that if I have a problem, I can call ChildLine on 0800 1111.</p> <p>To understand that sometimes families can make children feel unhappy or unsafe.</p> <p>Friendships</p> <p>To know what attributes and skills make a good friend.</p> <p>To understand what might lead to someone bullying others.</p> <p>To know what action a bystander can take when they see bullying.</p> <p>Respectful Relationships</p> <p>To understand that we all have a range of attributes that make us who we are and we should be proud of these.</p> <p>To understand that attitudes and laws around gender equality have changed over time.</p> <p>To understand that stereotypes exist and these can lead to discrimination.</p>	<p>Families and Relationships</p> <p>linking with Individual Liberty, Tolerance of Different Faiths and Religions and Mutual Respect.</p>

Safety and The Changing Body

accident
drug
emergency
hazards
medicine
physical contact
polite
respect
role
trust

Citizenship

defendant
environment
freedom of expression
government
House of Commons
human rights
judge
jury
Member of Parliament (MP)

Health and Wellbeing

Health and Prevention

To understand the risks of sun exposure.

Physical Health and Wellbeing

To know that relaxation stretches can help us to relax and de-stress.

To know that calories are the unit that we use to measure the amount of energy certain foods give us.

To recognise the food groups and acknowledge that having a variety of food is important for having a balanced and healthy diet.

To describe how they can get a good night's sleep and explain why this is important.

Mental Wellbeing

To understand what can cause stress.

To understand that failure is an important part of success.

To describe a range of feelings and suggest ways of dealing with a difficult situation.

Health and Wellbeing linking with Individual Liberty.

parliament
pressure group
Prime Minister
trial

Economic Wellbeing

allocate
borrow
commitment
expenditure
impact
income
loan
prioritise
repayment
risk

Safety and The Changing Body

Being safe (including online)

To know the steps to take before sending a message online (using the THINK mnemonic).

To know some of the possible risks online.

To know that they should speak to an adult if they are ever worried or feel uncomfortable about another adult.

To understand ways to keep safe and not get lost and know the steps to take if they do get lost.

Drugs, alcohol and tobacco

To strategies I can use to overcome pressure from others and make my own decisions.

The changing adolescent body

To understand the process of the menstrual cycle.

To know the names of the external sexual parts of the body and the internal reproductive organs.

To know that puberty happens at different ages for different people.

To understand that some types of physical contact are never acceptable.

Basic first aid

To know how to assess a casualty's condition.

Safety and the Changing Body linking with The Rule of Law

To understand that there are hazards in houses and know how to avoid them.

To understand and name jobs that people do to help keep us safe.

Citizenship

To know what happens when someone breaks the law.

To understand the waste hierarchy.

To know that parliament is made up of the House of Commons, the House of Lords and the Monarch.

To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.

To know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.

Economic Wellbeing

To know that being 'in debt' or 'having debt' means that you have spent more money than you have and owe money to others or the bank.

To know the difference between money earned (income) and money spent (expenditure).

Citizenship linking with Individual Liberty, Mutual respect and Tolerance of those with different faiths and beliefs

Economic Wellbeing linking with Democracy, The rule of law, Individual liberty, Mutual respect and Tolerance of those with different faiths and beliefs.

	<p>To know that borrowing money, like loans or credit, involves the responsibility to pay it back with interest.</p> <p>To know that when a bank or someone lends you money, they may ask you to pay back more than what you borrowed. The extra amount is the interest, which is like a fee for using someone else's money.</p> <p>To know that they should be cautious about sharing financial information.</p> <p>To know that money can cause a range of emotions, from stress and anxiety when finances are tight, to happiness and excitement when they can afford something they want.</p> <p>To know that their educational choices and personal interests can play a significant role in determining their future career options and opportunities.</p> <p>To know that it is important to challenge work-related stereotypes to create a more inclusive and fair work environment.</p>	
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Prior learning	Future learning	Links to Rights Respecting schools
<p style="text-align: center;">Year 4</p> <p>Families and Relationships Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement.</p> <p>Health and Wellbeing</p>	<p style="text-align: center;">Year 6</p> <p>Families and Relationships Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.</p> <p>Health and Wellbeing Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in</p>	<p>Families and Relationships Article 3 (Best Interests of the Child), Article 5 (Family Guidance as Children Develop), Article 9 (Keeping Families Together), Article 10 (Contact with Parents Across Countries), Article 18 (Responsibility of Parents) and Article 30 (Minority Culture, Language and Religion).</p> <p>Health and Wellbeing Article 3 (Best Interests of the Child), Article 24 (Health, Water, Food and Environment), Article 31 (Rest, Play, Culture and Arts).</p>

Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene.

Safety and the Changing Body

Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma.

Citizenship

Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.

Economic Wellbeing

Exploring choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.

challenging situations and planning for long-term goals.

Safety and the Changing Body

Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.

Citizenship

Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.

Economic Wellbeing

Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers.

Safety and the Changing Body

Article 17 (Access to Information), Article 24 (Health, Water, Food and Environment), Article 33 (Protection from Harmful Drugs), Article 34 (Protection from Sexual Abuse).

Citizenship

Article 24 (Health, Water, Food and Environment), Article 42 (Everyone Must Know Children's Rights), Article 15 (Setting Up or Joining Local Groups), Article 40 (Children Who Break the Law), Article 41 (Best Law for Children Applies).

Economic Wellbeing

Article 26 (Social and Economic Help), Article 23 (Children with Disabilities).