

<p>Year 5 National Curriculum objectives: Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. It will branch into areas of RE, English and assembly themes whilst also being taught in isolation in order to provide specific and focussed objectives.</p>	
<p>Year 5 Areas of study: Citizenship Economic Wellbeing Families and Relationships Health and Wellbeing Safety and the Changing Body Transition</p>	<p>Families and Relationships Family. Skills - Identifying ways families might make children feel unhappy or unsafe. Knowledge - To know that marriage is a legal commitment and is a choice people can make. To know that if I have a problem, I can call ChildLine on 0800 1111. Friendships. Skills – Exploring the impact that bullying might have. Exploring issues which might be encountered in friendships and how these might impact the friendship. Knowledge - To know what attributes and skills make a good friend. To understand what might lead to someone bullying others. To know what action a bystander can take when they see bullying. Respectful Relationships. Skills – Exploring and questioning the assumptions we make about people based on how they look. Exploring our positive attributes and being proud of these (self-respect). To understand that positive attributes are the good qualities that someone has. Knowledge - To know that stereotypes can be unfair, negative and destructive. To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</p>
<p>Health and Wellbeing Health and Prevention. Skills - Developing independence for protecting myself in the sun. Knowledge - To understand the risks of sun exposure. Physical Health and Wellbeing. Skills – Understanding the relationship between stress and relaxation. Considering calories and food groups to plan healthy meals. Developing greater responsibility for ensuring good quality sleep. Knowledge - 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 know that what we do before bed can affect our sleep quality. Mental Wellbeing. Skills - Taking responsibility for my own feelings. Knowledge - To understand what can cause stress. To understand that failure is an important part of success.</p>	<p>Safety and the Changing Body Being Safe (including online) Skills - Developing an understanding of how to ensure relationships online are safe. Knowledge - To know the steps to take before sending a message online (using the THINK mnemonic). To know some of the possible risks online. Drugs. Skills - Learning to make 'for' and 'against' arguments to help with decision making. Knowledge - To know some strategies I can use to overcome pressure from others and make my own decisions. Basic First Aid. Skills – Learning about how to help someone who is bleeding. Knowledge - To know how to assess a casualty's condition. The Changing Adolescent Body – Skills Learning about the emotional changes during puberty. Identifying reliable sources of help with puberty. Knowledge - 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.</p>
<p>Citizenship. Skills - Explaining why reducing the use of materials is positive for the environment. Discussing how rights and responsibilities link. Exploring the right to a freedom of expression. Identifying the contribution people make to the community and how this is recognised. Developing an understanding of how parliament and Government work. Identifying ways people can bring about change in society. Knowledge: 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.</p>	<p>Economic Wellbeing. Skills - Discussing risks associated with money. Making a budget based on priorities. Discussing the role of money in selecting a job. Discussing how income can change and the feelings associated with this. Knowledge - To know that when money is borrowed it needs to be paid back, usually with interest. To know that it is important to prioritise spending. To know that income is the amount of money received and expenditure is the amount of money spent. To know some ways that people lose money. Transition Skills - Recognising own skills and how these can be developed. Knowledge - To understand the skills needed for roles in school.</p>

