

National Curriculum Objectives: In this unit, children will be taught to:

Families and Relationships		Health and Wellbeing	
Skills	Knowledge	Skills	Knowledge
- Identifying ways families might make children feel unhappy or unsafe. - Exploring the impact that bullying might have. - Exploring issues which might be encountered in friendships and how these might impact the friendship. - 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 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. - 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. - To understand that positive attributes are the good qualities that someone has. - 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.	- Developing independence for protecting myself in the sun. - Understanding the relationship between stress and relaxation. - Considering calories and food groups to plan healthy meals. - Developing greater responsibility for ensuring good quality sleep. - Taking responsibility for my own feelings.	- To understand the risks of sun exposure. - 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. - To understand what can cause stress. - To understand that failure is an important part of success.
Safety and the changing body		Citizenship	
Skills	Knowledge	Skills	Knowledge
- Developing an understanding of how to ensure relationships online are safe. - Learning to make 'for' and 'against' arguments to help with decision making.	- 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 some strategies I can use to overcome pressure from others and make my own decisions.	- 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.	- 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

PSHE & RSE Skills & knowledge in Year 5

Learning about how to help someone who is bleeding.	To know how to assess a casualty's condition.	- Developing an understanding of how parliament and Government work. - Identifying ways people can bring about change in society.	- 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		Identity	
Skills	Knowledge	Skills	Knowledge
- Discussing money risks and management. - Making and prioritising budgets. - Discussing money's role in career choices. - Assessing loan and borrowing responsibilities and suitability. - Implementing money safeguarding strategies. - Navigating emotional implications in financial situations. - Seeking guidance for financial dilemmas. - Integrating factors to inform career decisions.	- 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). - To know that borrowing money, like loans or credit, involves the responsibility to pay it back with interest. - 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. - To know that they should be cautious about sharing financial information. - 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. - To know that their educational choices and personal interests can play a significant role in determining their future career options and opportunities.	Recognising own skills and how these can be developed.	To understand the skills needed for roles in school.



PSHE & RSE Skills & knowledge in Year 5

	To know that it is important to challenge work-related stereotypes to create a more inclusive and fair work environment.		
--	--	--	--