









Year 5 PSHE Autumn Term

This term in PSHE, we have two main topics: **peer pressure**, **smoking** and **puberty**.

Our Key Learning Objectives	 	 	
I can identify a time when I have felt peer pressure.			
I can explain how it feels to be pressured into something.			
I can be strong and make my own decisions, understanding I am responsible for my own actions.			
I can identify the affects smoking has on the body.			
I understand addiction and how it ruins lives.			
I can explain the changes that happen to my body.			
I know to treat others with respect, when their bodies are changing.			

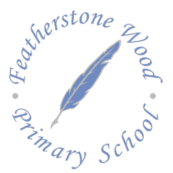
Tick the **green** box if you fully understand and can explain your knowledge to someone else. Tick the **orange** box if you understand a bit but would need some help to explain it to someone else. Tick the **red** box if you are still learning to understand.

Key Words

<p><u>Peer</u></p> <p>a person of the same age</p> 	<p><u>Responsible</u></p> <p>having an obligation to do something, or having control over actions</p> 	<p><u>Addiction</u></p> <p>the fact or condition of being addicted to a particular substance or activity.</p> 	<p><u>Puberty</u></p> <p>when a child's body begins to develop and change as they become an adult.</p> 
<p><u>Pressure</u></p> <p>the use of persuasion or intimidation to make someone do something</p> 	<p><u>Nicotine</u></p> <p>a toxic yellowish oily liquid which is in a cigarette.</p> 	<p><u>Discrimination</u></p> <p>Treating a group or person unfairly because of their race, sex, etc.</p> 	<p><u>Respect</u></p> <p>a feeling of deep admiration for someone or something</p> 

Write down any questions you would like to explore further.

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Beacon 3

- I explain what my rights and responsibilities are as a British citizen
- I can describe with detail different ways to be healthy
- I can describe with detail how to use the internet safely
- I can use scientific vocabulary to explain how bodies change during puberty

Year 5 PSHE Spring Term

This term in PSHE, we have two main topics: **friendships**, **anger** and **image sharing**.

Our Key Learning Objectives	 	 	
I can describe my qualities and the qualities of my friends.			
I can identify ways that I can look out for others.			
I can talk about things that make me angry.			
I know how to self-soothe.			
I understand my hidden chimp and am learning to control it.			
I can identify images that are appropriate to share online.			
I can explain why some images are inappropriate to share.			

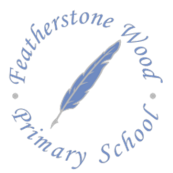
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Key Words

<p><u>Qualities</u></p>	<p><u>Inclusion</u> Including or being included in a group or structure.</p>	<p><u>Self-Soothe</u> behaviour an individual uses to regulate their emotional</p>	<p><u>Inappropriate</u> Not right or suited for some purpose or situation</p>
<p><u>Friendship</u> A friend is a person that someone likes or knows.</p>	<p><u>Anger</u> a strong emotion brought on by a person or thing that causes great pain or trouble</p>	<p><u>Hidden Chimp</u> learn how to say sorry by seeing that the human in you wants to say sorry but the chimp inside you</p>	<p><u>Image sharing</u> Sending a photo for other people to see on social media or by text message.</p>

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Year 5 PSHE Summer Term

This term in PSHE, we have two main topics: **enterprise** and **inclusion and acceptance**.

Our Key Learning Objectives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can understand and explain why people might want to save money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can identify ways in which I can help out at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can budget for items I would like to buy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can recognise ways to make money and the early stages of enterprise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can identify some of the ways in which we are different.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can explain some of the elements which help us to have a diverse economy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can describes strategies to overcome barriers and promote diversity and inclusion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tick the **green** box if you fully understand and can explain your knowledge to someone else. Tick the **orange** box if you understand a bit but would need some help to explain it to someone else. Tick the **red** box if you are still learning to understand.

Key Words

<p>Enterprise A project that requires boldness or energy. A company or</p> 	<p>Inclusion Including or being included in a group or structure.</p> 	<p>Stereotype A set idea people have about what someone or something is like.</p> 	<p>Diversity An understanding that people are unique and can exist together in a</p> 
<p>Contribution Something you do that helps achieve an end result.</p> 	<p>Acceptance Agreeing that a person is equal to you or your group, despite their</p> 	<p>Discrimination Treating a group or person unfairly because of their race, sex, etc.</p> 	<p>Entitled The right to do, have or say something.</p> 

Write down any questions you would like to explore further.

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Beacon 3

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