

Year 5 PSHE Curriculum Requirements -

Focus Area	PSHE Knowledge/Skills Targets	Suggested curriculum links/topic ideas/activities/assessment opportunities/key questions	Suggested Resources	Key vocabulary
Being Me in My world	<ul style="list-style-type: none"> • I know how to face new challenges positively and know how to set new goals • I know my rights and responsibilities as a citizen of the country. • I know my rights and responsibilities as a member of Bythams School. • I know how rewards and consequences work so I can make choices about my own behaviour. • I know how an individual's behaviour can impact on a group. • I know how to participate in democracy at school. 	<p>What are your hopes for the new school year?</p> <p>What are your rights and responsibilities living in the UK?</p> <p>What are your rights and responsibilities as a member of Bythams School?</p>	<p>Jigsaw – Being Me in My World Ages 9-10</p> <p>Puzzle 1</p>	<p>citizen</p> <p>democracy</p> <p>motivation</p> <p>vision</p> <p>education</p> <p>asylum</p> <p>migrant</p> <p>privilege</p> <p>rights</p>
Celebrating Difference	<ul style="list-style-type: none"> • I know that sometimes cultural differences can cause conflict. • I know what racism is. • I know that name-calling and rumour-spreading are bullying behaviours. • I know that there are direct and indirect types of bullying. • I know how to compare my life with those in the developing world. • I know how to respect my culture and other people's culture. 	<p>What is racism?</p> <p>What is direct bullying?</p> <p>What is indirect bullying?</p> <p>What is your culture?</p> <p>Can you describe the culture of someone else?</p>	<p>Jigsaw – Celebrating Difference Ages 9-10</p> <p>Puzzle 2</p>	<p>racism</p> <p>cultural</p> <p>conflict</p> <p>differences</p> <p>direct bullying</p> <p>indirect bullying</p> <p>developing world</p>
Dreams and Goals	<ul style="list-style-type: none"> • I know what I would like my life to be like when I am grown up. • I know about a range of jobs carried out by people and appreciate the contribution they make. 	<p>What would you like your life to be like when you grow up?</p> <p>What are the similarities/differences in aspirations between yourself and a</p>	<p>Jigsaw – Dreams & Goals Ages 9-10</p> <p>Puzzle 3</p>	<p>aspirations</p> <p>culture</p> <p>sponsorship</p> <p>lifestyle</p> <p>career</p> <p>profession</p>

	<ul style="list-style-type: none"> • I know a job I might like to do when I grow up and appreciate that education will help me build my future. • I know how to describe the dreams and goals of young people of a different culture. • I know that communicating with someone in a different culture means that we can learn from each other. • I know how we can support young people here and abroad to meet their aspirations. 	<p>young person of a different culture? How can you support young people here and abroad meet their aspirations?</p>		<p>society determination perseverance</p>
Healthy Me	<ul style="list-style-type: none"> • I know the health risks of smoking and how it affects the lungs, liver and heart. • I know some of the risks of misusing alcohol, including anti-social behaviour and how it affects the liver and heart. • I know basic emergency procedures (including the emergency position). • I know how to get help in an emergency. • I know how the media, social media and celebrity culture promotes certain body types. • I know the different roles that food can play in people's lives. • I know how people can develop eating problems (disorders) relating to body image pressures. • I know what makes a healthy lifestyle including healthy eating and choices that make me happy. 	<p>How does smoking affect lungs, liver and heart? What are some of the risks of misusing alcohol? How do you put someone in the emergency position? How do you get help in an emergency? How would you keep yourself calm in an emergency? How might someone develop an eating problem? What makes a healthy lifestyle?</p>	<p>Jigsaw – Healthy Me Ages 9-10 Puzzle 4</p>	<p>anti-social behaviour emergency position social media celebrity culture body types body image pressures eating disorders lifestyle</p>
Relationships	<ul style="list-style-type: none"> • I know who I am in terms of my characteristics and qualities. • I know that belonging to an online community can have both positive and negative consequences. • I know that there are rights and responsibilities in an online community or social network. 	<p>What are your personal characteristics and qualities? How does it feel when an online community feels unsafe/uncomfortable?</p>	<p>Jigsaw – Relationships Ages 9-10 Puzzle 5</p>	<p>characteristics qualities online community rights responsibilities social network</p>

	<ul style="list-style-type: none"> • I know that there are rights and responsibilities when playing a game online. • I know when I am spending too much time on a device (screen time). • I know how to stay safe when using technology to communicate with my friends. 	<p>What are the rights and responsibilities to belonging to an online community or social network?</p> <p>What are the rights and responsibilities when playing a game online?</p> <p>How do you know when you are having too much screen time?</p>		screen time
Changing Me	<ul style="list-style-type: none"> • I know how to develop my own self esteem. • I know how a girl's body changes during puberty. • I know how a boy's body changes during puberty. • I now why it is important to look after yourself physically and emotionally. • I know that sexual intercourse can lead to conception and that is how babies are usually made. • I know that sometimes people need IVF to help them have a baby. • I know that being a teenager brings growing responsibilities (age of consent). 	<p>How can you look after yourself physically?</p> <p>How can you look after yourself emotionally?</p> <p>How are babies conceived?</p> <p>What is IVF?</p> <p>What is the age of consent?</p>	Jigsaw – Changing me Ages 9-10 Puzzle 6	self esteem Self-image puberty IVF sperm egg/ovum internal external reproduction reproductive menstruation periods uterus/womb penis testicles vagina stereotypes sex sexual intercourse fertilise conception age of consent consent