

Year Five PSHE End Point

Year group	National Curriculum Objectives					
	Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and Goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2 Changing me
5	<p>1 I can face new challenges positively and know how to set personal goals. I know how to use my Jigsaw Journal. Challenge, aspire, goal</p> <p>2 I understand my rights and responsibilities as a citizen of my country Legal, Illegal, Lawful, Laws</p> <p>3 I understand my rights and responsibilities as a citizen of my country and as a member of my school Community, Education, Wants, Needs,</p> <p>4 I can make choices about my own behaviour because I understand how rewards and consequences feel Motivation, Decision</p> <p>5 I understand how an individual's behaviour can impact on a group Co-operation, Collaboration,</p> <p>6 I understand how democracy and having a voice benefits the school community and know how to participate in this Participation</p>	<p>1 I understand that cultural differences sometimes cause conflict Similarity, Same as, Different from, Difference, conflict</p> <p>2 I understand what racism is Included racism, race, ethnicity</p> <p>3 I understand how rumour-spreading and name-calling can be bullying behaviours</p> <p>4 I can explain the difference between direct and indirect types of bullying Bullying, Bullying behaviour Deliberate, On purpose, Unfair</p> <p>5 I can compare my life with people in the developing world comparison</p> <p>6 I can understand a different culture from my own Celebrations, Special, Unique</p>	<p>1 I understand that I will need money to help me achieve some of my dreams. Dreams, goals, job</p> <p>2 I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs. Job, money, earn.</p> <p>3 I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it. Future, aspirational, motivate.</p> <p>4 I can describe the dreams and goals of young people in a culture different to mine. Culture, dreams, goals.</p> <p>5 I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other. Learn, different, communicate.</p> <p>6 I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other. Support, cultures, learn.</p>	<p>1 I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. Healthy choices, Lifestyle</p> <p>2 I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart Body Dangerous</p> <p>3 I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. First aid, emergency, help</p> <p>4 I understand how the media, social media and celebrity culture promotes certain body types. Healthy body, happy, negative body image.</p> <p>5 I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious</p> <p>6 I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy Motivation, happy, healthy</p>	<p>1 I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities Belong, Same, Different, Qualities</p> <p>2 I understand that belonging to an online community can have positive and negative consequences Relationships, consequence, friendship</p> <p>3 I understand there are rights and responsibilities in an online community or social network. Law, rights, safety.</p> <p>4 I know there are rights and responsibilities when playing a game online Like, Dislike, Help, Helpful,</p> <p>5 I can recognise when I am spending too much time using devices (screen time). Balance, recognise, devices</p> <p>6 I can explain how to stay safe when using technology to communicate with my friends Friendship, , Caring, Sharing, Kind, skills</p>	<p>1 I am aware of my own self-image and how my body image fits into that. Self image, body image, feelings.</p> <p>2 I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. Female, body, changes,</p> <p>3 I can describe how boys' and girls' bodies change during puberty. Male, changes, body parts</p> <p>4 I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby. Reproduction, conception, baby.</p> <p>5 I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). Consent, teenager, future.</p> <p>6 I can identify what I am looking forward to when I move to my next class. Change, transition, move.</p>

By the end of Year Five, children will understand their rights and responsibilities as a citizen of a country and articulate how democracy benefits the school community. They will understand cultural differences, what racism is and be able to talk about direct and indirect types of bullying. Children will be able to understand how they may need money to achieve their hopes and dreams and they will be able to identify a job they would like to do and what motivates them to achieve it. Children will know the health risks of smoking, misusing alcohol and the role food can play in people's lives. They will be able to use some basic first aid, including the recovery position. Children will have an accurate picture of who they are as a person and the consequences online community can have. They understand the rights, responsibilities and staying safe online. Finally, children are aware of their own self-image and they can explain puberty changes in male and female bodies. They understand that sexual intercourse can lead to conception and that is how babies are made the concept of IVF.