

Year 5 PSHE		
Wellbeing	Changes (RSE/Science)	Staying Safe
<p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • learn how to solve differences respectfully, make decisions and explain choices 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • that physical and emotional growth is common to all of us and a normal part of becoming an adult • to accept and respect themselves • that the difference between boys and girls is part of God's creative and loving work • vocabulary to describe puberty • know the physical changes associated with puberty • about menstrual wellbeing including the key facts about the menstrual cycle 	<p>Pupils learn :</p> <ul style="list-style-type: none"> • about keeping safe online • that violence within relationships is not acceptable • about the consequences of anti-social behaviour (including gangs and gang related behaviour) • to understand that pressure to behave in an unacceptable or risky way comes from a variety of sources- media, peers (including the impact it has) • about online bullying and how to deal with it
Being Healthy	Caring for Others	The Wider World
<p>Pupils learn:</p> <ul style="list-style-type: none"> • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality • the importance of regular exercise 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • about what makes themselves and others special • about roles and responsibilities at home and school • about being cooperative with others 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • about stereotyping, including gender stereotyping • about prejudice and discrimination and how this can make people feel • the importance of reducing our energy waste- including impact on the environment and financial cost • To assess the best price- money matters/wider impact • about the UN - rights, peace, dignity and equality on a healthy planet

