

Y5 PSHE Learning outcomes –includes RSE

Learning Outcomes

Me and My Relationships –Autumn Term

Children will be able to:

- Explain what collaboration means;
- Give examples of how they have worked collaboratively;
- Describe the attributes needed to work collaboratively.

Children will be able to:

- Explain what is meant by the terms negotiation and compromise;
- Describe strategies for resolving difficult issues or situations.

Children will be able to:

- Demonstrate how to respond to a wide range of feelings in others;
- Give examples of some key qualities of friendship;
- Reflect on their own friendship qualities.

Children will be able to:

- Identify what things make a relationship unhealthy;
- Identify who they could talk to if they needed help.

Children will be able to:

- Identify characteristics of passive, aggressive and assertive behaviours;
- Understand and rehearse assertiveness skills.

Children will be able to:

- Recognise basic emotional needs, understand that they change according to circumstance;
- Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.

Children will be able to:

- Understand that online communication can be misinterpreted;

Learning Outcomes

- Accept that responsible and respectful behaviour is necessary when interacting with others online as well as face-to-face.

Valuing Difference –Autumn Term

Children will be able to:

- Define some key qualities of friendship;
- Describe ways of making a friendship last;
- Explain why friendships sometimes end.

Children will be able to:

- Rehearse active listening skills;
- Demonstrate respectfulness in responding to others;
- Respond appropriately to others.

Children will be able to:

- Develop an understanding of discrimination and its injustice, and describe this using examples;
- Empathise with people who have been, and currently are, subjected to injustice, including through racism;
- Consider how discriminatory behaviour can be challenged.

Children will be able to:

- Identify and describe the different groups that make up their school/wider community/other parts of the UK;
- Describe the benefits of living in a diverse society;
- Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.

Children will be able to:

- Understand that the information we see online, either text or images, is not always true or accurate;
- Recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them;
- Understand and explain the difference between sex, gender identity, gender expression and sexual orientation.

Children will be able to:

- Identify the consequences of positive and negative behaviour on themselves and others;

Learning Outcomes

- Give examples of how individual/group actions can impact on others in a positive or negative way.

Keeping Myself Safe –Spring Term

Children will be able to:

- Explain what a habit is, giving examples;
 - Describe why and how a habit can be hard to change.
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Children will be able to:

- Recognise that there are positive and negative risks;
 - Explain how to weigh up risk factors when making a decision;
 - Describe some of the possible outcomes of taking a risk.
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Children will be able to:

- Demonstrate strategies to deal with both face-to-face and online bullying;
 - Demonstrate strategies and skills for supporting others who are bullied;
 - Recognise and describe the difference between online and face-to-face bullying.
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Children will be able to:

- Define what is meant by a dare;
 - Explain why someone might give a dare;
 - Suggest ways of standing up to someone who gives a dare.
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Children will be able to:

- Recognise which situations are risky;
 - Explore and share their views about decision making when faced with a risky situation;
 - Suggest what someone should do when faced with a risky situation.
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Children will be able to:

- Consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private;
- Recognise that people aren't always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face;
- Know how to protect personal information online;
- Recognise disrespectful behaviour online and know how to respond to it.

Learning Outcomes

Children will be able to:

- Understand some of the complexities of categorising drugs;
 - Know that all medicines are drugs but not all drugs are medicines;
 - Understand ways in which medicines can be helpful or harmful and used safely or unsafely.
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Children will be able to:

- Understand the actual norms around smoking and the reasons for common misperceptions of these.
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Children will be able to:

- Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks;
 - Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.
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Rights and Responsibilities –Spring Term

Children will be able to:

- Identify, write and discuss issues currently in the media concerning health and wellbeing;
 - Express their opinions on an issue concerning health and wellbeing;
 - Make recommendations on an issue concerning health and wellbeing.
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Children will be able to:

- Understand the difference between a fact and an opinion;
 - Understand what biased reporting is and the need to think critically about things we read.
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Children will be able to:

- Define the differences between responsibilities, rights and duties;
 - Discuss what can make them difficult to follow;
 - Identify the impact on individuals and the wider community if responsibilities are not carried out.
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Children will be able to:

- Explain what we mean by the terms voluntary, community and pressure (action) group;
 - Give examples of voluntary groups, the kind of work they do and its value.
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Children will be able to:

Learning Outcomes

- State the costs involved in producing and selling an item;
 - Suggest questions a consumer should ask before buying a product.
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Children will be able to:

- Define the terms loan, credit, debt and interest;
 - Suggest advice for a range of situations involving personal finance.
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Children will be able to:

- Explain some of the areas that local councils have responsibility for;
 - Understand that local councillors are elected to represent their local community.
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Being My Best –Summer Term

Children will be able to:

- Know two harmful effects each of smoking/drinking alcohol.
 - Explain the importance of food, water and oxygen, sleep and exercise for the human body and its health.
 - Understand the actual norms around smoking and the reasons for common misperceptions of these.
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Children will be able to:

- Know the basic functions of the four systems covered and know they are inter-related.
 - Explain the function of at least one internal organ.
 - Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health.
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Children will be able to:

- Identify their own strengths and talents;
 - Identify areas that need improvement and describe strategies for achieving those improvements.
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Children will be able to:

- State what is meant by community;
 - Explain what being part of a school community means to them;
 - Suggest ways of improving the school community.
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Children will be able to:

Learning Outcomes

- Identify people who are responsible for helping them stay healthy and safe;
 - Identify ways that they can help these people.
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Children will be able to:

- Describe 'star' qualities of celebrities as portrayed by the media;
 - Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life;
 - Describe 'star' qualities that 'ordinary' people have.
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Growing and Changing –Summer Term

Children will be able to:

- Use a range of words and phrases to describe the intensity of different feelings
 - Distinguish between good and not so good feelings, using appropriate vocabulary to describe these;
 - Explain strategies they can use to build resilience.
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Children will be able to:

- Identify people who can be trusted;
 - Understand what kinds of touch are acceptable or unacceptable;
 - Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.
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Children will be able to:

- Explain how someone might feel when they are separated from someone or something they like;
 - Suggest ways to help someone who is separated from someone or something they like.
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Children will be able to:

- Know the correct words for the external sexual organs;
 - Discuss some of the myths associated with puberty.
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Children will be able to:

- Identify some products that they may need during puberty and why;
 - Know what menstruation is and why it happens.
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Learning Outcomes

Children will be able to:

- Recognise how our body feels when we're relaxed;
 - List some of the ways our body feels when it is nervous or sad;
 - Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.
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Children will be able to:

- Identify the consequences of positive and negative behaviour on themselves and others;
 - Give examples of how individual/group actions can impact on others in a positive or negative way.
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Children will be able to:

- Explain the difference between a safe and an unsafe secret;
 - Identify situations where someone might need to break a confidence in order to keep someone safe.
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Children will be able to:

- Recognise that some people can get bullied because of the way they express their gender;
- Give examples of how bullying behaviours can be stopped.