

Year 5 PSHE/RSE Curriculum



Autumn	Families and Relationships	Citizenship
Year 5	<ul style="list-style-type: none"> - To know that marriage is a legal commitment and a choice people can make. - To know what attributes and skills make a good friend. - To understand what might lead to someone bullying others. - To know what action a bystander can take when they see bullying. - To know that stereotypes can be unfair, negative and destructive. - To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability. 	<ul style="list-style-type: none"> - To name the British Values and explain Individual Liberty. - To know what happens when someone breaks the law. - To understand the waste hierarchy. - Explain some of the things individuals can do to reduce the use of materials and energy. - To know that parliament is made up of the House of Commons, the House of Lords and the Monarch. - To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.
Spring	Health and Wellbeing	Safety and the changing body
Year 5	<ul style="list-style-type: none"> - To understand the risks of sun exposure. - Describe and use different strategies to manage feelings. - To know that calories are the unit that we use to measure the amount of energy certain foods give us. - To know that what we do before bed can affect our sleep quality. - To understand what can cause stress. - To understand that failure is an important part of success. 	<ul style="list-style-type: none"> - To know the steps to take before sending a message online (using the THINK mnemonic). - To know some of the possible risks online. - To know some strategies I can use to overcome pressure from others and make my own decisions. - To understand the process of the menstrual cycle. - To know that puberty happens at different ages for different people. - To know how to assess a casualty's condition.
Summer	Careers	Economic Well Being
Year 5	<ul style="list-style-type: none"> - To be able to match interests with professional skills. - Explain the importance of interests and skills when choosing a career. - Identify careers that align with my interests and skills. - To recognise stereotyping and how this might happen in the workplace. - Suggest positive actions to challenge stereotyping. - To identify a variety of routes into work e.g. college, apprenticeships, university, traineeships. 	<ul style="list-style-type: none"> - Understand the principles of budgeting and its consequences. - Understand the concept of income, expenditure, and informed spending. - Explain the responsibilities and consequences of borrowing money. - Explain the risks and strategies for safeguarding money. - Emotional responses to various money situations.