

## Personal, Social and Health Education (PSHE) Vision Map

### Year 5 – About Me

#### Crucial Knowledge

- Me:
  - My body needs healthy foods and daily exercise to body work properly.
  - Eating unhealthy foods or not exercising can cause damage to my body.
  - My body grows and rests whilst I sleep. This is very important to being healthy.
  - Medicines from the doctor can protect my body from illnesses.
  - It is important to talk about how I feel.
  - It is normal to feel sad and worried sometimes but if this is every day for over two-weeks, I need to get some help.
  - Puberty is when the body of a child starts to develop into the body of an adult.
  - Puberty is different for males and females.
  
- Dreams:
  - Everybody is good at something
  - It is ok to find things difficult.
  - Different jobs (careers) need different training and qualifications.
  - People get paid money for the job they do. This is based on how good they are at their job, how long they have been doing their job and the type of job.

#### Intent

- Me:
  - Healthy lifestyle:
    - benefits of regular exercise to physical and mental health and risks of an inactive lifestyle
    - opportunities to be physically active
    - importance of sleep; to the body, feelings, behaviour and the ability to learn
    - everyday hygiene (including how bacteria and viruses can affect health)
    - responsible use of medicines (including vaccinations, immunisations, allergies)
  - Mental health:
    - expressing feelings in different ways
    - strategies to respond to feelings (including intense or conflicting feelings)
    - recognising warning signs about mental health / wellbeing and where to seek support
  - Puberty (menstruation, erections, wet dreams)
  
- Dreams:
  - Positive things about myself
  - Setting personal goals
  - Careers:
    - Payment for jobs / careers (including voluntary work)
    - Skills for future jobs / careers (including teamwork, communication and negotiation)

## Year 5 – Relationships

### Crucial Knowledge

- Me and others:
  - A relationship is a feeling between two or more people
  - Families can be different but also have things in common (the same)
  - The way someone behaves can affect how other people feel
  - It is important to listen to others to stop arguments
  - An argument is when people get cross because they don't agree
- Safety:
  - Water can be dangerous even for people who are really good at swimming.
  - Legal drugs are medicine.
  - Medicines alter my body. Taking medicine from a doctor in the way told is safe.
  - Medicines (drugs) sold by other people is very unsafe and against the law.
  - Parts of my body covered by underpants are private
  - Everything I share electronically is stored and able to be found.
  - Dialling 999 will call the police, an ambulance or a fire engine. I need to say my name, where I am and what is wrong.

### Intent

- Me and others:
  - Including friends; strategies
  - Recognising and managing peer influences
  - Friendships that change over time
  - Different types of physical contact, what is acceptable and how to respond
  - Seeking and giving permission
  - Secrets and confidential information
  - Family relationships (happy, unhappy, unsafe and seeking advice)
- Safety:
  - Keeping myself safe:
    - water safety
    - choices and the law for legal drugs
    - illegal drugs and the law
  - E-safety:
    - sharing information & connecting devices
    - social media advertising
    - digital responsibilities: being kind, distributing images and the digital footprint
  - Risks in different situations
  - Right from wrong and the law
  - Calling 999 and what to say

## Year 5 – My World

### Crucial Knowledge

- Community:
  - Compassion is caring for others.
  - Community is a group of people living or being near to each other.
  - Charity is helping others.
  - There are five British values. These help us to think about how we treat people in Britain.
  - Prejudice is when we have an opinion without any good reasons to.
- Diversity:
  - Diversity means very different.
  - Everyone is different in some way.
- My place in the world:
  - A bank can help people to look after their money.
  - Children can have their own bank account.

### Intent

- Community:
  - The importance of compassion: caring for other people and living things
  - The school's charity of the year
  - British Values
  - Prejudice: recognising behaviours / actions against others and how to respond
- Diversity:
  - People with different values and customs
  - LGBT+
- My place in the world:
  - *Recap: staying safe online*
  - Keeping track of money and savings
  - Keeping money safe (won, lost, stolen)
  - The impact of spending on others (charity, Fair trade, plastic use)
  - Moving on: next steps to Year 6