Y5 PSHE – Being Me In My World

Essential Knowledge

What are my goals for this year and how can I face new challenges positively to achieve them?
Schools have a vision to help everyone learn and succeed. We can set personal goals, take on challenges and show self-respect by recognising our strengths and working towards improving ourselves.

How can understanding other people's lives help me be a responsible and caring citizen?
All children have rights, no matter where they come from or what their situation is. Refugees leave their country to find safety, and we have a responsibility to respect the rights of others and show empathy.

How can understanding my rights and responsibilities help me care about people whose lives are different from mine?
Everyone has rights and responsibilities. All children have the right to feel safe, be treated fairly and have what they need to learn, and we have a responsibility to help others feel safe and included.

How can my choices help me make good decisions for myself and others?
Rules help keep people safe and allow everyone to learn. Our choices have consequences, and we have responsibilities to make good choices and respect the rights of others.

How can my actions help a group work well together and achieve success?
Working together successfully requires cooperation, collaboration, courtesy and good manners. Our behaviour affects the whole group, so everyone has a responsibility to listen, contribute and respect others.

How can having a voice and following our Learning Charter help our school community work well together?
Democracy means having a voice and taking part in decisions that affect our school community. A Learning Charter helps everyone understand their rights and responsibilities so we can work together, make good choices and help others.

Key Vocabulary

rights	things that everyone should be allowed to have or do, such as being safe, learning and being treated fairly
responsibilities	things we are expected to do, such as following rules, looking after others and making good choices
citizen	a person who belongs to a country or community and has rights and responsibilities within it
prejudice	judging someone unfairly before getting to know them, often because they are different from you
empathise	to try to understand how another person feels by imagining what it is like to be in their situation
co-operation	working together and helping each other to achieve something
consequence	the things that happen because of our actions or choices and they can be positive or negative

Aspirational Knowledge

Everyone has rights and responsibilities that help communities to be safe, fair and respectful. Our choices and behaviour affect other people, and co-operation, empathy and respect help everyone succeed. Having a voice, setting goals and taking responsibility helps us become confident and responsible citizens.

Y5 PSHE – Being Me In My World

Key Knowledge

What are my goals and how can I try new challenges?
We can set goals for things we want to get better at. We can try our best, be proud of ourselves and keep trying when something is difficult.

How can I understand and care about people whose lives are different from mine?
All children have the right to be safe, cared for and able to learn. We should be kind and help others, especially people who may be having a difficult time.

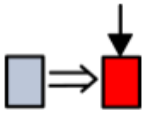
How can I understand and care about people who are different from me?
Everyone has the right to be safe, happy and able to learn. We should be kind, follow rules and help others so everyone can learn.

How do my choices affect me and other people?
Rules help us to stay safe and learn together. Our choices affect other people, so we should make good choices and be kind.

How can I help my group work well together?
We can work together, listen and help each other. Being kind and using good manners helps everyone in the group.

How can I help make our school a good place for everyone?
We can share our ideas and listen to others. Our class rules help us to be kind, make good choices and learn together.

Key Vocabulary

rights		things everyone should have, like being safe and treated fairly
responsibilities		things we should do, like following rules and helping others
citizen		a person who belongs to a community or country
co-operation		working together and helping each other
empathise		understanding how someone else might feel
consequence		what happens because of something we do

Y5 PSHE – Celebrating Difference

Essential Knowledge

How can understanding my own culture help me respect and understand people from different cultures?
Culture is part of what makes us who we are. Understanding and respecting our differences helps prevent stereotypes and conflict and makes everyone feel included.

How can I understand and respect people from different races, cultures and backgrounds?
Racism is treating someone unfairly because of their race, culture or background. Everyone deserves to feel included and respected, and racist words or behaviour are never acceptable.

How can I deal with bullying, such as rumours and name-calling, and manage my feelings positively?
Bullying can include name-calling, spreading rumours, exclusion and harmful behaviour online. We can help stop bullying by speaking up, getting help, supporting others and treating everyone with respect.

How can I recognise different types of bullying and help someone who is being bullied?
Bullying can be direct or indirect, including name-calling, exclusion, rumours and cyber bullying. We can help stop bullying by speaking up, supporting others and telling a trusted adult.

How can comparing my life with other people's help me understand that happiness is not just about what we have?
Happiness can mean different things to different people and cultures. Money and possessions can affect our lives, but relationships, experiences and feeling valued can also contribute to happiness.

How can learning about different cultures help me respect my own culture and other people's cultures?
Culture is made up of many different traditions, beliefs and ways of life. We should respect differences, avoid stereotypes and discrimination, and help everyone feel included.

Key Vocabulary

culture	the beliefs, traditions, customs and ways of life shared by a group of people
race	a way people may be grouped based on shared physical features or family background
racism	treating someone unfairly because of their race or ethnicity
discrimination	treating a person or group unfairly because of who they are
stereotype	a fixed idea about a group of people that may not be true
bullying	behaviour that hurts, frightens or upsets another person, often repeatedly
included	feeling welcomed, accepted and able to take part

Aspirational Knowledge

People's culture, identity and experiences are diverse, and stereotypes or assumptions can lead to prejudice, discrimination and conflict. We have a responsibility to challenge racism and bullying, respect differences and promote equality and inclusion so everyone feels valued and safe.

Y5 PSHE – Celebrating Difference

Key Knowledge

What is my culture and how can I respect other cultures?
We are all similar in some ways and different in others. We can learn about each other, respect our differences and make everyone feel welcome.

How can I respect people who are different from me?
Everyone is different and special. We should include others, be kind and treat everyone fairly.

What can I do if someone is bullying me or another person?
Bullying is behaviour that hurts or upsets others. We should be kind, include everyone and tell a trusted adult if we are worried.

How can I help someone who is being bullied?
Bullying can hurt people's feelings and make them feel unsafe. We can be kind, include others and tell a trusted adult when something is wrong.

How can people be happy even if they do not have lots of things?
Different things make people happy. Happiness can come from friends, family, kindness and things we enjoy doing.

How can I respect people from different cultures?
Everyone can have different ways of living and doing things. We should respect differences, be kind and include everyone.

Key Vocabulary

culture		the special traditions and ways of life people share
race		part of who we are and where our families come from
racism		being unkind or unfair to someone because of their race
included		being welcomed and able to join in
bullying		hurting or upsetting someone again and again
stereotype		thinking everyone in a group is the same

Y5 PSHE – Dreams and Goals

Essential Knowledge

What kind of life would I like when I grow up and how can money help me achieve my goals?
Our dreams and goals can shape the life we would like in the future. Money may help us achieve some goals, but our skills, interests and personal qualities are also important.

How can the way people spend and save money affect others, the environment and their future choices?
People make different choices about saving and spending money, depending on their needs and values. Spending decisions can involve risks and affect other people or the environment, so we should make safe and responsible choices.

How can my strengths and interests help me choose goals and think about jobs I might like in the future?
Different jobs and careers require different skills and contribute to society in different ways. Salary does not always show how important or successful a job is, and information about careers online should be checked carefully.

How are the hopes and dreams of young people around the world similar to or different from my own?
Children around the world can have similar or different dreams and goals depending on their opportunities and experiences. Rights, technology and access to opportunities can help people achieve their aspirations.

How can learning about people from different cultures help us understand, respect and support each other?
Different cultures can have similar and different dreams and goals, and we can learn from each other. Supporting others and taking part in our community can help everyone achieve their aspirations.

How can I help other young people achieve their goals and why does helping others matter?
Teamwork and motivation can help us achieve shared goals and support other people's aspirations. We can make a positive difference by encouraging others, raising support and working together.

Key Vocabulary

dream	something you hope to achieve or have in the future
goal	something you decide to work towards and achieve
aspiration	a strong hope or ambition for your future
motivation	the drive or reason that helps you keep working towards a goal
career	the jobs and work a person may do throughout their working life
money	something we earn and use to pay for goods and services or save for later
choice	a decision you make between different options

Aspirational Knowledge

People's dreams and aspirations can be shaped by their opportunities, culture, values and experiences. Understanding money, careers and potential barriers helps us make informed choices and set realistic goals. Through motivation, teamwork and community action, we can work towards our own ambitions while helping others achieve theirs.



Y5 PSHE – Dreams and Goals

Key Knowledge

What do I want my life to be like when I grow up?
We can have dreams about what we want to do when we grow up. We can learn new skills and keep trying to help us reach our goals.

How can spending and saving money affect people and the world around us?
We can choose to spend money or save it for later. We should think carefully and stay safe when making choices about money.

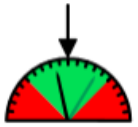
What am I good at and what job might I like when I grow up?
People do different jobs and need different skills to do them. We can learn about jobs and think about what we might like to do when we grow up.

How are my dreams and goals like those of other children?
Children around the world have dreams and goals. We may have different lives, but everyone should have the chance to learn and achieve.

How can I understand and respect people from different cultures?
We can help each other reach our dreams and goals. Working together and helping our community can make us and others feel good.

How can I help other people achieve their goals?
We can work together to reach our goals and help others. Supporting and encouraging each other can help everyone succeed.

Key Vocabulary

dream		something you hope will happen one day
goal		something you want to do or get better at
aspiration		something you would really like to achieve
money		what we use to buy things or save
choice		deciding what you want to do
career		the work you might choose to do when you grow up

Y5 PSHE – Healthy Me

Essential Knowledge

How can knowing the facts about smoking and vaping help me make safe choices and resist pressure from others?
Smoking and vaping can harm the body, and both can contain nicotine, a drug that is highly addictive. Understanding the health risks and how advertising or peer pressure can influence us helps us make informed, healthy choices.

Why do some people choose to drink alcohol and how can I make safe choices if I feel pressured?
Alcohol is a drug that can affect the brain, change behaviour and harm the liver and heart, especially when it is misused. Knowing the risks and recognising pressure from other people or the media can help us make informed, healthy choices about alcohol.

How can I stay calm and help in an emergency?
In an emergency, staying calm helps us think clearly, make safe decisions and get the right help. The recovery position can be used when someone is breathing but unresponsive, and we should get an adult or call 999 when needed.

How can I have a positive body image when the media and social media show different ideas about how people should look?
The media and social media can show altered or edited images that create unrealistic ideas about how people should look. Everyone is different, so it is important to avoid unfair comparisons and develop a positive body image by accepting and respecting ourselves.

How can our ideas about food affect how we feel about our bodies?
People have different relationships with food, and our choices can be influenced by advertising, the media and other people. A balanced diet, being active and making informed choices can help us keep our bodies healthy and develop a positive body image.

How can healthy choices help me stay healthy, happy and feel my best?
A healthy lifestyle means looking after our bodies, our minds and our relationships by making healthy and safe choices. The media and social media can have both positive and negative influences, so we should check facts and use them responsibly.

Key Vocabulary

healthy	making choices that help our body and mind stay well
choice	a decision we make between different options
influence	something or someone that can affect our thoughts, feelings or choices
pressure	feeling that someone or something is pushing us to make a certain choice
addiction	when someone finds it very difficult to stop using or doing something
body image	how we think and feel about the way our body looks
self-respect	valuing yourself and making choices that look after your wellbeing

Aspirational Knowledge

I understand that being healthy means looking after my physical, mental and emotional health. I can think critically about influences such as social media, advertising and peer pressure and use reliable information to make informed, healthy and safe choices.

Y5 PSHE – Healthy Me

Key Knowledge

How can I make safe choices if someone pressures me to smoke or vape?
Smoking and vaping can hurt our bodies, and nicotine can make it very hard to stop. We can make healthy choices by saying no to smoking and vaping.

How can I make safe choices if someone pressures me?
Alcohol can change how we think and behave and too much can hurt our bodies. Knowing the dangers can help us make safe and healthy choices

Who can I get help from in an emergency?
In an emergency, stay calm and get help from an adult or call 999. If someone is breathing but will not wake up, we may need to put them in the recovery position.

How can I feel good about myself and my body?
Pictures online are sometimes changed and may not show what people really look like. Everyone looks different, and we should like and respect ourselves for who we are

How can I look after and respect my body?
Food helps our bodies to be healthy and strong, and different foods help us in different ways. We can look after our bodies by eating a balanced diet, being active and feeling good about ourselves

What can I do to stay healthy and happy?
Being healthy means looking after our body and mind and making safe choices. We should remember that not everything we see online is true.

Key Vocabulary

healthy		things that help us stay well and strong
choice		deciding what to do
influence		something that can change what we think or do
pressure		feeling pushed to do something
addiction		finding something very hard to stop
body image		how we feel about our body and how we look



Y5 PSHE – Relationships

Essential Knowledge

What are my special qualities and how can I feel good about myself?
We can identify positive qualities in ourselves and our classmates while learning how to build self-esteem and self-worth.

What is good and bad about being in an online community? How can I tell if it feels unsafe?
The real world and the online world are different. It is important to carefully check if online sites feel safe and I know what to do if I feel unsafe.

What are my rights and responsibilities in an online community?
My online actions are as important as my actions in person and that my actions (both good and bad) have consequences.

What are my rights and responsibilities in online games and how can I tell if a game is unsafe or unhelpful?
It is important to recognise when an online game starts to feel 'wrong' for me. It is important to identify what a game is trying to achieve and I can decide if it is okay to continue.

How do I know if I am spending too much time on devices and what can I do to stay healthy?
Spending time online is time I am not spending in real life. Time online can be calming but it can make me less healthy.

How can I stay safe when using technology to talk to friends?
Speaking to strangers online is unsafe and that I must get help (from a trusted adult) if things start to feel wrong.

Key Vocabulary

self-esteem	how you feel about yourself and how much you believe you matter
bullying	when someone keeps being unkind of hurtful on purpose and it makes another person feel upset, scared or left out
privacy	making your personal information safe and deciding what to share and what to keep to yourself
trustworthy	someone or something trustworthy can be relied on to be honest, kind and safe
choices	the decisions you make every day about what you do, say or share
risk	something that could be unsafe or cause a problem if you are not careful

Aspirational Knowledge

The online world is a wonderful place full of excitement and fun. However, not all experiences are positive and sometimes people are not what they seem.

Y5 PSHE – Relationships

Key Knowledge

How can I feel happy about myself?
We can say positive things about ourselves and others. We can learn to feel good about ourselves.

What is good or bad online?
The online world is different from the real world. I can check if a website feels safe and I know what to do if something online makes me feel worried or unsafe.

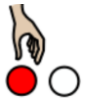
How am I safe in an online community?
What I do online is just as important as what I do in real life. The choices I make can have good or bad consequences.

What is safe or not safe in games online?
Sometimes an online game can make us feel worried or uncomfortable. It is important to know when to stop playing and make safe choices.

What can I do instead of being online?
Time spent online is time away from real-life activities. Being online can help us relax, but too much screen time can be unhealthy.

How can I be safe online?
Talking to people you do not know online can be unsafe. It is important to tell a trusted adult if something online does not feel right.

Key Vocabulary

self-esteem		how you feel about yourself
bullying		bullying is when someone is unkind repeatedly
privacy		keeping some things about you secret
trustworthy		being safe and honest
choices		what you decide to do
risk		something that might be unsafe

Y5 PSHE – Changing Me

Essential Knowledge

How can I understand my own self-image and body image and learn how to build my self-esteem?
Body image is part of our self-image. Media and online images are often edited, so comparing ourselves to them can affect self-esteem. Using positive affirmations can help us see ourselves more positively and build confidence.

How does a female body change during puberty?
Puberty is a natural part of growing up. Girls' bodies change during puberty and begin the menstrual cycle, leading to periods. Understanding these changes and knowing where to get support can help us feel prepared.

How does a male body change during puberty?
Boys' and girls' bodies change in different ways during puberty. Understanding these changes can help us feel more confident and prepared. If we have questions or worries, we can talk to trusted adults for support.

What are the different ways that babies are conceived and born?
Conception happens when a sperm and egg join, starting a pregnancy. Not all babies are conceived in the same way, and some people need medical help to have a baby.

What are the responsibilities I will have when I am a teenager?
Becoming a teenager brings new changes and responsibilities. Media does not always show a realistic picture of teenage life, so it is important to think carefully about the messages we see. Everyone develops differently and there are always people who can support us as we grow up.

How do I feel about my new class and what changes do I want to make?
Moving to a new year brings exciting opportunities and changes. It is normal to feel a mix of emotions about growing up but understanding our feelings and knowing where to get support can help us manage this change.

Key Vocabulary

body image	how you see and feel about your own body
self esteem	how you feel about yourself and how much you believe you matter
puberty	a time when your body grows and changes as you become older
conception	when an egg and sperm meet and a baby starts to grow
consent	saying “yes” or giving permission for something and having your choice respected
responsibilities	things you are expected to do or take care of

Aspirational Knowledge

As children grow, their bodies and emotions change. Understanding these changes, respecting personal boundaries and consent and knowing when to ask trusted adults for support can help us stay safe, healthy and confident.



Y5 PSHE – Changing Me

Key Knowledge

How can I understand my own self-image and build self-esteem?
Online pictures are often not real. Comparing ourselves to them can make us feel unhappy. Positive thoughts can help us feel good about ourselves.

How does a female body change during puberty?
Puberty is a normal part of growing up. Girls' bodies change during puberty and periods begin. Learning about these changes can help us feel ready and know where to get help.

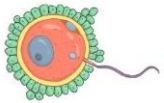
How does a male body change during puberty?
Growing up causes changes to boys' and girls' bodies. Understanding these changes can help us feel more confident and get support when we need it.

How are babies usually made?
Babies can begin in different ways. Some people need medical help to start a pregnancy and have a baby.

How will things change when I am a teenager?
Growing up into a teenager brings changes. Everyone develops at different times. Trusted adults can help us if we have questions or worries.

What am I excited about in my new class?
Moving to a new year group brings new experiences and changes. It is normal to have different feelings about growing up, and talking to trusted adults can help when things feel worrying.

Key Vocabulary

body image		how you feel about your body
self esteem		how you feel about yourself
puberty		a time when your body grows and changes as you become older
conception		when a baby first begins to grow
consent		saying yes
responsibility		things you are expected to do or take care of