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| **Year 5 – *PSHE* – Autumn one** | | | |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know | |
| Relationships:   * I can explain the term diversity. * I can explain why we should discuss difference respectfully.     Living in the wider world:   * I can identify cash, card and e-payments as way of payment. * I can identify a positive a negative effect of money. * I can explain how to seek support with money.   Health and wellbeing:   * I can explain why personal hygiene routines are important. * I can identify ways that I look after my personal hygiene. * I can explain how to get information, help and advice about puberty. * I can recognise the emotional changes I may experience with puberty. * I can identify a trusted adult I would discuss the challenges of puberty with. | Relationships:   * I can explain how a healthy friendship may make people feel included. * I can identify strategies to help someone feel included. * I can explain how to seeks support if I feel excluded or lonely. * I can explain what consent means and why we should respect someone’s choice. * I can explain that consent can be given and taken away. * I can identify how consent keeps me safe and why it is important.   Living in the wider world:   * I can explain ways we can protect the environment. * I can explain why it is important to protect the environment.   Health and wellbeing:   * I can explain how sleep contributes to a healthy lifestyle. * I can identify healthy sleep strategies and how I would maintain them. * I can explain why a healthy sleep lifestyle would be good for my mental and physical health. | Strategy | A plan, method or idea on how to achieve something. |
| Respect | A feeling of caring for others’ wellbeing and showing this through our own behaviours and actions towards others. |
| Consent | Giving someone a choice about touch or actions and respecting their answer. |
| Protect | To defend or keep safe. |
| Environment | Our surroundings or conditions that we are in. |
| Contribute | To give to someone or something. |
| Healthy | Showing good mental and physical wellbeing. |