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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.  |