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| **Year 5 – *PSHE* – Spring one** | | | |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know | |
| Relationships:   * I can explain what peer influence is and how it can make people feel or behave. * I can identify strategies to manage peer influence. * I can explain what discrimination is and identify different types of is. * I can identify online bulling and discrimination and discuss the impact it can have. * I can identify ways to safely challenge discrimination.   Living in the wider world:   * I can explain what compassion is. * I can identify ways to show compassion towards others   Health and wellbeing:   * I can recognise how someone may express their individuality. * I can explain why it is important to respect individuality. * I can recognise a personal quality of my own. | Relationships:   * I can explain how it may feel in a person’s mind and body when they are uncomfortable. * I can explain that no one should ask me to keep a secret that makes me feel uncomfortable. * I can identify who I would speak to if I was worried about unwanted contact or my boundaries were not respected.   Living in the wider world:   * I can identify different media types * I can explain the role of different media types * I can begin to explain how information online can be targeted * I can explain how different media types can have an impact on people. * I can identify positive and negative impacts of different media types.   Health and wellbeing:   * I can explain how medicines can contribute to health and help me to manage allergies. * I can explain what vaccinations and immunisations are. * I can explain how bacteria and viruses can affect health. * I can recognise the shared responsibility within my community for keeping a clean environment. | Personal boundary | Limits and the rules we set ourselves. |
| Respect | A feeling of caring for others’ wellbeing and showing this through our own behaviours and actions towards others. |
| Media | Mass communication |
| Targeted | Aim or direct something |
| Bacteria | Small single-celled organisms. |
| Vaccinations | A way to protect yourself against harmful diseases. |
| Immunisations | The act of making an animal or person resistant to a particular disease. |