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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. |