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| **Year 5 – *PSHE* – Spring two** | | | |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know | |
| 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. | Relationships:   * I can identify strategies which help me to positively resolve disputes and differences in friendships. * I can explain when and how to seek support in my friendships. * I can explain that it is common for friendships to experience challenges.   Living in the wider world:   * I can explain how to assess which search results are more reliable than others * I can identify how to recognise unsafe or suspicious content online * I can explain how to report unsafe or suspicious content. * I can explain what aspiration means identify an aspiration I have * I can explain why having an aspiration is good for my mental health.   Health and wellbeing:   * I can explain why being outdoors in the sun is good for physical and mental health. * I can identify how to manage risk due to sun exposure. * I can explain how to seek help if I become ill due to sun exposure. | Conflict | A disagreement or argument. |
| Assess | Evaluate or check something. |
| Reliable | Something that can be trusted, something that gives the same outcome. |
| Suspicious | Feeling of doubt or not trusting something. |
| Content | What something contains. |
| Risk | A situation that could cause danger. |
| Sun exposure | Being in the sun. |