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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.  |