








Year 5 - PSHE - Summer one

What should I already know?	What am I going to learn in this unit?	Vocabulary I need to know		
<p>Relationships:</p> <ul style="list-style-type: none"> 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. <p>Living in the wider world:</p> <ul style="list-style-type: none"> 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. <p>Health and wellbeing:</p> <ul style="list-style-type: none"> 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. 	<p>Relationships:</p> <ul style="list-style-type: none"> I can identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations. I can explain how it may feel in a person's mind and body when they are uncomfortable and how to safely respond. I can identify who to talk to if I am concerned about unwanted physical contact. <p>Living in the wider world:</p> <ul style="list-style-type: none"> I can explain what a gender stereotype is and give an example. I can identify how to safely challenge a stereotype. <p>Health and wellbeing:</p> <ul style="list-style-type: none"> I can identify when situations are becoming risky, unsafe or an emergency. I can differentiate between positive risk taking and dangerous behaviour. I can identify how to respond in an emergency, including when and how to contact different emergency services. I can explain how to deal with common injuries using basic first aid techniques. 	Consent		Giving permission for something to happen.
		Physical contact		The act of touching physically.
		Gender stereotype		A fixed idea or assumption about what someone can or cannot do based on their gender.
		Challenge		To call out something.
		Risk		A situation involving an exposure to harm.
		First aid		The first and immediate assistance given to someone with a minor injury.
		Emergency		An urgent, unexpected and usually dangerous situation that needs immediate action.