

Year 5 PSHE Progression

Working Towards:	Objectives:	Greater Depth:
	<p>Term 1: TEAM (Relationships)</p> <p>I can demonstrate successful teamwork skills. I can disagree respectfully. I can reflect on their own collaborative working skills. I can make compromises. I can explain different effects of unkind behaviour. I can demonstrate ways to care for others within the team. I can discuss the importance and consequences of carrying out shared responsibilities within the class team.</p>	
	<p>Term 2: Think Positively (Health and Wellbeing)</p> <p>I can describe how my thoughts, feelings and behaviours influence others. I can explain the range and intensity of their feelings to others. I can name some strategies to deal with unhelpful thoughts. I know how to make an informed choice. I appreciate how making good choices can make us happy. I understand how mindfulness techniques can be used in everyday lives. I can describe the difference between a growth mind-set and a fixed mind-set. I can identify strategies for facing a challenge.</p>	
	<p>Term 3: Diverse Britain (Living in the Wider World)</p> <p>I can describe how they can help groups and communities they belong to. I recognise choices can have negative and positive consequences. I can explain some consequences of negative and positive choices. I can talk about why helping their neighbourhood is important. I can describe different aspects of living in Britain. I can give reasons why it is important to have differences. I can identify famous British people, places and events. I can explain what famous British people, places and events tell them about being British.</p>	
	<p>Term 4: Be Yourself (Relationships)</p> <p>I can complete scenarios by advising on how to communicate feelings in different situations. I can identify strategies we can use to manage uncomfortable feelings. I can discuss different fight or flight situations. I can discuss the impact of making amends when a mistake has been made.</p>	
	<p>Term 5: Aiming High (Living in the Wider World)</p> <p>I can identify skills and attributes that are useful in many roles. I can identify their preferred learning style. I can identify potential barriers to success. I can identify opportunities that might be available to them in the future. I can identify and challenge stereotypes. I can explain different routes into further education and work. I can discuss goals they could set to work towards their ambitions. I understand the different roles within a team. I can discuss challenges many people face and how some people overcome these.</p>	
	<p>Term 6: It's My Body (Health and Wellbeing)</p> <p>I can identify the implications of not getting enough sleep. I understand why the need to change some of their habits and routines as they get older.</p>	

I understand that many images seen in the media are artificially enhanced.

I can identify some factors that influence the choices they make about their bodies.

I understand that the choices they make about their bodies have consequences.

Sutton Veny SRE Objectives:

Pupils should be taught to describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird, and describe the life process of reproduction in some plants and animals.

(Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals, comparing how different animals reproduce and grow.)

Pupils should be taught to describe the changes as humans develop to old age.

(Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.

Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.)

Pupils should be taught to know key facts about puberty and their changing body, including physical and emotional changes. They should know about menstrual wellbeing including key facts about the menstrual cycle.