

Year 5 PSHE Learning Targets

Health and Wellbeing - Ourselves, Growing and Changing	Know about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.
	Identify where to get more information, help and advice about growing and changing, especially about puberty.
	Know about the physical and emotional changes that happen when approaching and during puberty. <i>(NC for Science)</i>
Health and Wellbeing - Keeping Safe	Know reasons for following and complying with regulations and restrictions (including age restrictions) and how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming.
	Know how to manage requests for personal information or images of themselves and others.
	Explain how identity online can be copied, modified or altered.
Relationships - Families and close positive relationships	Know that marriage and civil partnership is a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.
	Know that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others.
	Know that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart.
	Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.
Relationships - Safer relationships	Know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
	Know how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.
	Explain that there are some people, who communicate with online, that may want to do other people, including children harm.
	Describe some of the communities, including online, in which they are involved and describe how they collaborate with others positively.
Living in the Wider World - Media literacy and digital resilience	Describe how to search for information within a wide group of technologies (e.g. social media, image sites, video sites).
	Evaluate digital content and explain how to make choices from search results.
	Explain key concepts including: data, information, fact, opinion belief, true, false, valid, reliable and evidence.
	Understand the difference between online mis-information (inaccurate information distributed by accident) and dis-information (inaccurate information deliberately distributed and intended to mislead).
	Explain what is meant by 'being sceptical' and give examples of when and why it is important to be sceptical.
	Explain what is meant by a 'hoax'.
	Explain why it is important to think carefully before forwarding anything online.
	Identify why some information I find online may not be honest, accurate or legal.
	Explain why information that is on a large number of sites may still be inaccurate or untrue.
Living in the Wider World - Economic wellbeing: Money	Know there are different ways to keep track of money.
	Identify risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.
	Identify the ways that money can impact on people's feelings and emotions.
	Recognise that people have different attitudes towards saving and spending money; what influences people's decisions.
	Explore what makes something 'good value for money'.