

## PSHE Knowledge Progression

### YEAR 5 LEARNING OBJECTIVES

#### AUTUMN TERM

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 HEALTHY EATING	5 HEALTHY EATING	6 HEALTHY EATING
To set a goal	To review a day's menu and provide feedback on how it can be improved	To explain the function of nutrients and fibre	To explain the reasons it is important to keep hydrated.	To explain that different types and portions of foods and drinks provide different amounts of energy.	To identify and interpret information on food labels.

HEALTH EDUCATION	RELATIONSHIPS EDUCATION			HEALTH EDUCATION	
7 MENTAL WELLBEING	8 RESPECTFUL RELATIONSHIPS	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	11 BASIC FIRST AID	12 BASIC FIRST AID
Learn how to talk about mental health and wellbeing Know who can help us and how to ask for help Know the difference between a big and a small feeling Learn how to be a good listener	To explore the concept of fairness and how people decide what is fair and unfair.	Anti-bullying Week	To explore how and why people are excluded	Know how to ensure the safety of themselves and others. Be able to assess a casualty's condition calmly. Know how to comfort and reassure a casualty who has a head injury. Know how to seek medical help.	Be able to do a primary survey  Be able to place an unresponsive casualty, who is breathing normally, in the recovery position

#### SPRING TERM

		RELATIONSHIPS EDUCATION		HEALTH EDUCATION	
1	2	3 FAMILIES AND PEOPLE WHO CARE FOR ME	4 3 FAMILIES AND PEOPLE WHO CARE FOR ME	5 HEALTH & PREVENTION	6 HEALTH & PREVENTION
To understand deductions from payslips	To understanding budgeting	To understand reasons for migration.	To explore migration.	To gain an understanding of immunity and vaccines and the importance of vaccination programmes in general.	To understand that most common infections get better on their own through time, bed rest, liquid intake and healthy living.
					To understand that if antibiotics are taken, it is important to finish the course.

RELATIONSHIPS EDUCATION		RELATIONSHIPS EDUCATION			
<b>7 ONLINE RELATIONSHIPS/ BEING SAFE</b>	<b>8 BEING SAFE</b>	<b>9</b>	<b>10</b>	<b>11 RESPECTFUL RELATIONSHIPS</b>	<b>12 RESPECTFUL RELATIONSHIPS</b>
To understand content which may be appropriate or inappropriate to share online	To identify appropriate people to turn to for help	To understand how to keep safe when cycling.	To understand how to keep safe when cycling.	To understand gender stereotypes.	To understand gender stereotypes.

SUMMER TERM

RELATIONSHIPS EDUCATION	SCIENCE	HEALTH EDUCATION			
<b>1 CARING RELATIONSHIPS</b>	<b>2 GROWTH &amp; DEVELOPMENT</b>	<b>3 CHANGING ADOLESCENT BODY</b>	<b>4 CHANGING ADOLESCENT BODY</b>	<b>5 CHANGING ADOLESCENT BODY</b>	<b>6 CHANGING ADOLESCENT BODY</b>
To identify the qualities of a good friend	To think and talk about how they have grown and changed since they were babies	To know about the physical changes that happen at puberty	To understand what menstruation and wet dreams are To know how to manage menstruation and wet dreams	To know the importance of hygiene during puberty	To know <b>how and why</b> emotions and <b>relationships change during puberty</b>  To know <b>where to get help and support to manage changes during puberty</b>

RELATIONSHIPS EDUCATION		RELATIONSHIPS/HEALTH EDUCATION		RELATIONSHIPS EDUCATION
<b>7 RESPECTFUL RELATIONSHIPS</b>	<b>9 MENTAL WELLBEING/ CARING RELATIONSHIPS</b>	<b>10 MENTAL WELLBEING/ CARING RELATIONSHIPS</b>	<b>11 MENTAL WELLBEING/ CARING RELATIONSHIPS</b>	<b>12 CARING RELATIONSHIPS</b>
To know how to deal with feelings in relationships	To develop a sense of belonging.	To develop a sense of belonging.	To develop a sense of belonging.	To recap the qualities of a good friend

