

What will be my PSHE learning by the time we leave Year 5

Safe Relationships

Physical contact and feeling safe

Families and friendships

Managing friendships and peer influence

Respecting ourselves and others

Responding respectfully to a wide range of people; recognising prejudice and discrimination

Belonging to a community

Protecting the environment; compassion towards others



Media literacy and digital resilience

How information online is targeted; different media types, their role and impact

Money and work

Identifying job interests and aspirations; what influences career choices; workplace

Growing and changing

Personal identity; recognising individuality and different qualities; mental wellbeing

Keeping safe

Keeping safe in different situations, including responding in emergencies, first aid

Physical health and Mental wellbeing

Healthy sleep habits; sun safety; medicines, vaccinations,