



PHSE Curriculum Map 2020-2021

	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams & Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Year 5	<p>To face new challenges positively and know how to set personal goals.</p> <p>To understand my rights and responsibilities as a British citizen and as a member of my school.</p> <p>To make choices about my own behaviour because I understand how rewards and consequences feel.</p> <p>To understand how an individual's behaviour can impact on a group.</p> <p>To understand how democracy and having a voice benefits the school community and know how to participate in this.</p>	<p>To understand that cultural differences sometimes cause conflict.</p> <p>To understand what racism is.</p> <p>To understand how rumour-spreading and name-calling can be bullying behaviours.</p> <p>To explain the difference between direct and indirect types of bullying.</p> <p>To compare my life with people in the developing world.</p> <p>To enjoy the experience of a culture other than my own.</p>	<p>To understand that I will need money to help me achieve some of my dreams.</p> <p>To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.</p> <p>To describe the dreams and goals of young people in a culture different to mine.</p> <p>To understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.</p>	<p>To know the health risks of smoking and can tell you how tobacco affects the lungs, the liver and heart.</p> <p>To know some of the risks with misusing alcohol, including anti-social behaviour and how it affects the liver and the heart.</p> <p>To know how to get help in emergency situations.</p> <p>To understand how the media and celebrity culture promotes certain body types.</p> <p>To know what makes a healthy lifestyle including healthy eating.</p>	<p>To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p>To recognise how friendships change, to know how to make new friends and how to manage when I fall out with my friends.</p> <p>To understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean.</p> <p>To understand how to stay safe when using technology and internet to communicate with my friends.</p>	<p>To be aware of my own self-image and how my body image fits into that.</p> <p>To explain how a girl's and a boy's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>To express how I feel about the changes that will happen to me during puberty.</p> <p>To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).</p>

