

Year 5 – PSHE Year Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Attainment descriptors	I understand my rights and responsibilities as a British citizen and as a member of the school. I can understand how an individual's behaviour can impact on a group	I can explain the differences between direct and indirect types of bullying I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied	I can describe the dreams and goals of a young person in a culture different from mine and can reflect on how these relate to my own	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I respect and value my body	I can explain how to stay safe when using technology to communicate with my friends I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others	As a boy, I can describe how boys' bodies change during puberty. As a girl, I can describe how girls' bodies change during puberty. I can express how I feel about the changes that will happen to me during puberty