

Year 5 RSHE

Living in the Wider world (PSHE Association)

What jobs would we like?

- that there is a broad range of different jobs and people often have more than one during their careers and over their lifetime
- that some jobs are paid more than others and some may be voluntary (unpaid)
- about the skills, attributes, qualifications and training needed for different jobs
- that there are different ways into jobs and careers, including college, apprenticeships and university
- how people choose a career/job and what influences their decision, including skills, interests and pay
- how to question and challenge stereotypes about the types of jobs people can do
- how they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions

What decisions can people make with money?

- how people make decisions about spending and saving money, and what influences them
- how to keep track of money so people know how much they have to spend or save
- how people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans)
- how to recognise what makes something 'value for money' and what this means to them
- that there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions

Relationships education taught through Journey in Love.

How can our emotions change as we grow?

- How does our behaviour change as we grow/develop?
- How can these changes affect friendships?
- How do you become more sensitive to your emotions?
- Advice for a friend on self-confidence and self-esteem
- Where to go for advice on feeling uncomfortable, for a friend or your own mental health
- Positive mental health and wellbeing.

How do we change as we grow?

- How do we recognise emotional, internal and external changes during puberty?
- How do we change our hygiene during puberty?
- Why is it important to keep clean
- Appropriate, inappropriate or unsafe physical contact
- Facts about menstruation
- To recognise sexual development is a natural part of human growth.

Health Education (PSHE Association)

How can we help in an accident or emergency?

- How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma or allergic reactions
- That if someone has experienced a head injury, they should not be moved
- When it is appropriate to use first aid and the importance of seeking adult help
- The importance of remaining calm in an emergency and providing clear information about that has happened to an adult or the emergency services.

What makes up our identity?

- How to recognise and respect similarities and differences between people and what they have in common with others.
- that there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)
- how individuality and personal qualities make up someone's identity
- about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others
- how to challenge stereotypes and assumptions about other