

PSHE

Year 5 - Typical Expectations for each level

<ul style="list-style-type: none"> ● I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context. ● I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour. ● I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel. ● I can summarise different ways that I respect and value my body. ● I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others. ● I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends. 	5a
<ul style="list-style-type: none"> ● I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. ● I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. ● I can compare my hopes and dreams with those of young people from different cultures. ● I can explain different roles that food and substances can play in people's lives. ● I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. ● I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. ● I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. 	5b
<ul style="list-style-type: none"> ● I can begin to compare my life with other people in my country. ● I can explain the differences between direct and indirect types of bullying. ● I can start to compare my hopes and dreams with those of young people from different cultures. ● I can explain different roles that food and substances can play in people's lives. ● I can compare different types of friendships. ● I can explain how boys and girls change during puberty. 	5c