



## Year 5 PSHE Curriculum Objectives



<b>Autumn – Families and Friendships</b>	<b>Spring - Happy, healthy and Safe</b>	<b>Summer - Respectful and Resilient</b>
Know that being a parent is big responsibility and how we can be helpful family members.	Know the impact of exercise on our mental and physical wellbeing	Know that giving compliments makes people happier and how to give appropriate compliments
Know how to use Kelso's wheel to resolve conflicts and make moral choices.	Know a range of techniques, including those practised in Mind Time, to help maintain mental wellbeing	Know how putting others first makes you and others feel better (empathy and compassion)
Know how to deal with friendship situations that make you feel uncomfortable or unhappy	Know the dangers of smoking and nicotine addiction	Know that each person's body belongs to them
Know the characteristics of happy and healthy family life and what you can do to maintain these	Know the dangers and laws associated with alcohol	Know that gender stereotypes can be harmful
Know the qualities of a healthy friendship and how to choose good friends	Know what makes certain foods healthy or unhealthy	Know why people are sometimes mean to others
Know that we sometimes prejudge others, but we should always be welcoming	Know the importance of a balanced diet and which groups different foods belong to	Know that people show less empathy online than in person, and think about why this is