

KS2 – Year 5

	Objectives	Sticky knowledge
<p>Autumn 1 Mental Well-being Q 1 -2 'Do we all have the same feelings?'</p> <p>'Should we be happy all the time?'</p>	<ul style="list-style-type: none"> - Develop our ability to communicate our own feelings, listen to other people's feelings and respond appropriately – Identify positive and negative emotions and the impact these have on our mental wellbeing - Identify our own triggers for negative emotions - Understanding that some people find it hard to read and express emotions - Explore how big events such as loss, separation, divorce and bereavement can affect our mental and emotional health. - Explore ways of coping with big and small life events. 	<p>Do we all have the same feelings? I can use words to articulate my feelings.</p> <p>I recognise my own triggers and know what to do if I'm overwhelmed.</p> <p>Should we be happy all the time? Understand that negative feelings come and then generally go.</p>
<p>Autumn 2 Family Q1 - 3 'Why do some people get married?' 'Are families ever perfect?' 'Are families all the same?'</p>	<ul style="list-style-type: none"> - Understand why some people get married - Appreciate that not everyone wants to get married - Know that forced marriage is illegal - Identify the positive features that should be present in a family - Learn how to disagree with respect - Understand the concept of consent 	<p>'Why do some people get married?' 'Are families ever perfect?' 'Are families all the same?'</p> <p>Know that marriage is a free choice and each family can look different.</p>

<p>Online safety Q1 Control and consent</p> <p>Community Q1 'What is prejudice?'</p>	<ul style="list-style-type: none"> - Understand that social media comes with pressure - Understand that we have a significant amount of control over our online lives - Understand that our actions/lack of actions can have an impact on ourselves and those around us - Know that unconscious bias exists - Understand why some people discriminate - Know the protected characteristics 	<p>Control and consent</p> <p>Understand that I need to consider others when posting online.</p> <p>'What is prejudice?'</p> <p>Understand that some people face barriers in life based on race, class, gender etc</p>
<p>Spring 1</p>		
<p>Spring 2</p> <p>Community:Q 6-7</p> <p>'What makes us feel like we belong?'</p> <p>'How does it feel to be British?'</p>	<p>-</p>	
<p>Summer 1</p> <p>Physical Health Q 3</p> <p>'Can I avoid getting ill?'</p>	<ul style="list-style-type: none"> - Understand the risks of taking drugs, alcohol and tobacco - Understand why getting the right amount of sleep is important - Identify the ways to avoid damage caused by the sun 	<p>'Can I avoid getting ill?'</p> <p>Understand that eating a balanced diet, getting sleep and exercising can help my health.</p>

<p>Online safety Q2-4 Protecting our identity</p> <p>Meeting strangers online</p> <p>Personal information</p>	<ul style="list-style-type: none"> - Identify key indicators of poor health - Understand the importance of getting the correct amount of sleep - Know strategies to help them to sleep better - Understand the importance of dental hygiene - - Understand that our personal information is valuable, sensitive and private to us - Understand that giving away personal information can lead to both physical and emotional damage - Understand that many small details can be pieced together to gain a much more comprehensive set of information about a person - Understand that there are dangers online for younger people - Recognise some of the signs of online danger - Understand that our personal information can be used to make money and target us with advertising 	<p>Online safety</p> <p>Understand that I shouldn't give away my personal information online.</p>
<p>Summer 2</p> <p>SRE and personal hygiene Q 1-4</p>	<ul style="list-style-type: none"> - Understand the physical and emotional changes that people go through during puberty 	<p>I know what changes to expect when I go through puberty.</p>

	<p>-Understand the process of menstruation and how to manage it effectively</p>	<p>I know what a period is and what products to use.</p>
--	---	--