

Year 5 Progression in PSHE

Resilience	Mental Wellbeing	Relationships	Relationships, Sex, Health Ed	Health Education	Caring Friendships	Living in the Wider World
<ul style="list-style-type: none"> • I will know how resilient people behave • I will know how to identify how our emotions and thoughts are impacted by events • I will know how to manage my Tornado Zone • I will know how to recognise different thoughts when someone pushes me towards the Tornado Zone • I will know how thoughts can build our resilience to failure • I will know what happens to my thoughts when I make a mistake 	<ul style="list-style-type: none"> • I will know who to talk to when I am feeling upset • I will know the different thought gremlins that affect me • I know the values that are important to me • I know how to show gratitude for the important things in my life • I know the challenges that impact on my life • I will know the habits that keep me healthy and boost my wellbeing 	<ul style="list-style-type: none"> • I will know the importance of family • I will know the danger signs in online relationships • I know the different types of bullying • I know how to collaborate • I know how to recognise stereotypes • I will know the causes of violence 	<ul style="list-style-type: none"> • I will know how my body changes as I go through puberty • I will know the correct terms with gender identity and sexual orientation • I will know about consent 	<ul style="list-style-type: none"> • I will know how tiredness impacts on my actions • I will know the importance of fruit and vegetables • I know why exercise is good for us • I know how to stay safe on the internet • I know how to reduce the risk of hazards at home 	<ul style="list-style-type: none"> • I will know how to be a thoughtful friend. • I will know how to build empathy skills. • I will know how to report someone. • I will know how to deliver the truth with empathy. • I will know why peer pressure is harmful. • I will know how to start a challenging conversation. 	<ul style="list-style-type: none"> • I know the dangers of intolerance. • I know how the government cares for the community. • I will know the skills needed for a range of occupations. • I will know how to use collaboration skills to manage a budget. • I will know how to learn from losing. • I will know the different ways that change can impact your life.