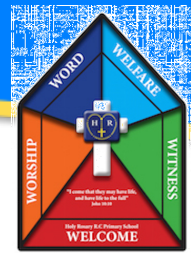


Upper Key Stage 2 PSHE



Upper Key Stage 2 PSHE

	Me and my relationships	Growing & Changing	Keeping myself safe	Right and Responsibilities	Being my best	Valuing differences
Year 5	<ul style="list-style-type: none"> Give a range of examples of their emotional needs and explain why they are important. Explain why friendship skills and compromising are important. Give a few examples of how to stand up for themselves (be assertive) and say when they might need to use assertiveness skills. 	<ul style="list-style-type: none"> Explain what resilience is and how it can be developed. List ways that they can prepare for changes (e.g. to get the facts, talk to someone). Identify when I need help and can identify trusted adults in my life who can help me. 	<ul style="list-style-type: none"> Give examples of things that might influence a person to take risks online. Explain that they have a choice. Know the percentage of people aged 11-15 years old that smoke in the UK (3%) and give reasons why some people think it's a lot more than this. 	<ul style="list-style-type: none"> Give examples of some of the rights and related responsibilities they have as they grow older, at home and school. Give real examples of each that relate to them. Give a few different examples of things that they are responsible for to keep themselves healthy. Explain that local councils have to make decisions about how money is spent on things we need in the community. Give an examples of some of the things they have to allocate money for. 	<ul style="list-style-type: none"> Give an example of when they have had increased independence and how that has also helped them to show responsibility Name several qualities that make people attractive that are nothing to do with how they look, but about how they behave. 	<ul style="list-style-type: none"> Give examples of different faiths and cultures and positive things about having these differences. Explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this.
Year 6	<ul style="list-style-type: none"> Give a range of examples of their emotional needs and explain why they are important. Explain why these qualities are important. 	<ul style="list-style-type: none"> Give an example of a secret that should be shared with a trusted adult. Explain some emotional changes associated with 'puberty' and how 	<ul style="list-style-type: none"> Explain why emotional needs are as important as physical needs and what might happen if a person 	<ul style="list-style-type: none"> Explain why people believe media bias (why they are showing certain aspects of 	<ul style="list-style-type: none"> Say how they can overcome problems and challenges on the way to achieving their goals. 	<ul style="list-style-type: none"> Reflect on and give reasons for why some people show prejudiced behaviour and

Upper Key Stage 2 PSHE



	<ul style="list-style-type: none"> ▪ Give a few examples of how to stand up for themselves (be assertive) and say when I might need to use assertiveness skills. 	<p>people may feel when their bodies change.</p> <ul style="list-style-type: none"> ▪ Give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities). 	<p>doesn't get their emotional needs met</p> <ul style="list-style-type: none"> ▪ Explain some ways of making sure that you keep yourself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws relating to this. ▪ Explain why some people believe that more young people drink alcohol than actually do (misperceive the norm). 	<p>themselves) and how social media can affect how a person feels about themselves.</p> <ul style="list-style-type: none"> ▪ Explain what 'environmentally sustainable' living means and give an example of how we can live in a more 'sustainable' way. ▪ Explain the advantages and disadvantages of different ways of saving money. 	<ul style="list-style-type: none"> ▪ Give examples of an emotional risk and a physical risk 	<p>sometimes bully for this reason.</p> <ul style="list-style-type: none"> ▪ Explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations
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