**Y5 PHSE Whole School Progression of Knowledge and Skills**

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| **YEAR FIVE** | | | |
| **Context** | **Mental Wellbeing** | **Staying healthy** | **Online safety** |
| **Vocabulary/Significant Knowledge** | Angry, anxious, worried, frustrated, confused, emotional reaction, loss, separation, divorce, bereavement, managing impulsivity, restraint, self-control, listen, respond, impulsivity conflict, resolve, resolution, triggers, Identity, emotions. | Body image, self-esteem, unrealistic, expectations, insecurity, oral hygiene, flossing, tooth decay, plaque, drugs, illegal, alcohol, tobacco, cigarettes, verify, misinformation, fake news, genuine, accurate, vaccination, danger, hazard, environment, | Control, consent, social media, manipulation, public, private, pressure,  Personal, information, identity, protect, privacy, valuable, sensitive, Strangers, social media, passwords, manipulation,  Catfish, deception, vulnerable, terms and conditions, social media, advertisement. |
| **PHSE Questions** | Does everybody have the same feelings?  Should we be happy all the time?  Why do we argue?  Personal power: how can I manage my emotions?  Who am I? | Is there such things as the perfect body?  How can I stay fit and healthy?  Can I avoid getting ill?  Why do some people take drugs?  Where should I get my information?  How do I save a life? | Control and consent: what are they and why are they important?  Protecting our identity: what is the information jigsaw?  Meeting people online: what are the dangers?  Personal information, terms and conditions: what are we agreeing to? |
| **Skills** | * Develop empathy for other people in the world. * Understand mental wellbeing. * Resolve conflicts. * Understand the causes of our emotions * Explore self-identity | * Understand physical changes including * Identifying body parts * Understand emotional changes * Understand the importance of hygiene. * Understand the process of menstruation |  |