

PSHE Jigsaw Curriculum Overview — Year 5

Omitted from the scheme are the following units: 'Changing Me' & 'Relationships'

Relationships

I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities

I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends

I know how to stand up for myself and how to negotiate and compromise

I understand how it feels to be attracted to someone and what having a relationship might mean

I understand that relationships are personal and there is no need to feel pressurised into having one

I understand how to stay safe when using technology to communicate with my friends

I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others

Changing Me

I am aware of my own self-image and how my body image fits into that

I can explain how boy's and girl's bodies changes and understand the importance of looking after yourself physically and emotionally

I know how to develop my own self esteem

I understand that growing up is a natural process that happens to everybody and that it will be ok for me

I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities

I can identify what I am looking forward to when I am in Year 6

I can start to think about changes I will make when I am in Year 6 and know how to go about this

Our role as educators is to teach respect, tolerance and equality for all, in line with the Equality Act 2010.