



YEAR 5  
AUTUMN 1

Long Meadow School PSHE Knowledge Organiser for:  
The core theme: Relationships  
The focus of the unit is: Safe relationships and understanding positive relationships

**Key Knowledge**

**Zones of regulation-** Think about what steps you take to regulate how you feel and act during your day. Use the Zones of Regulation display in class to help you reflect on whether you need further support or a change of strategy to improve how you manage day to day. Talk to a trusted adult if you need more help with this.

**What makes a good friend?** – Think about the steps you take to be a supportive, kind and caring friend. Often what we want from a friend is what we do for others too. It is important to know that when a friend is letting you down, you do not have to tolerate it.

**Equality** –Equality is about ensuring that every individual has an equal opportunity to make the most of their lives and talents. It is also the belief that no one should have poorer life chances because of the way they were born, where they come from, what they believe, or whether they have a disability.

**Peer Pressure** - A person might feel pressure to do something just because others are doing it (or say they are). Peer pressure can influence a person to do something that is relatively harmless — or something that has more serious consequences. Responding to peer pressure is part of human nature but some people are more likely to give in or to resist it.

**Useful sites**

What is equality? <https://www.bbc.co.uk/newsround/av/42925824>

Unicef <https://www.unicef.org/>

Action Aid <https://www.actionaid.org.uk/>

Progression of learning:		
Before:	Now:	Next:

Vocabulary		
Words	Image	Meaning
Race		Race is often defined as the characteristics that you can see, the outward physical make-up of someone, including skin colour, hair texture, facial features, and eye colour. A person does not choose race. Race is built by society based upon these physical features.
Gender		Gender refers to the characteristics of women, men, girls and boys that are decided by society. This includes norms, behaviours and roles associated with being a woman, man, girl or boy, as well as relationships with each other. As it is decided by society, gender can change over time.
Faith		Faith literally means “complete trust or confidence in something or someone”. When talking about a person’s faith, this refers to their belief in their God or religious leader.
Values		When talking about values in PSHE, this refers to the importance of acts or systems that help us to live and work together. These values can include justice, freedom, respect, community, and responsibility.

YEAR 5  
AUTUMN 2

Long Meadow School PSHE Knowledge Organiser for:  
The core theme: Relationships  
The focus of the unit is: Safe relationships and understanding positive relationships



**Key Knowledge**

**Saying no is ok:**

Some touch is acceptable, unacceptable, wanted or unwanted in different situations.

It is never someone's fault if they have experienced unacceptable contact.

There are different ways you can respond to being touched in a way that you do not like.

If you ever experience this, get help by talking to an adult your trust and who knows how to get help.

If someone tells you about something that has happened to them, make sure you get them help too. Talk to an adult. If you are not comfortable talking, write down what you have experienced or have heard.

**Respectfully saying no:**

If the people you talk to respect you, they will listen if you tell them what you want – or don't want.

**Further reading**

[www.childline.org.uk](http://www.childline.org.uk)



<https://www.bbc.co.uk/cbbc/curations/anti-bullying-week>



<https://www.kidscape.org.uk/> **KIDSCAPE**  
Help With Bullying

**Progression of learning:**

Before:

Now:

Next:

**Vocabulary**

Words	Image	Meaning
School anti-bullying slogan:		Bullying can happen everywhere- in school, out of school or online. Being unkind or mean once is wrong, but persistent unkindness is seen as bullying.
Prevent/ stop		It is so important to know that we can easily stop bullying as soon as it is started- acting straight away and standing up for someone can be as easy as saying "Stop!".
Saying no		Saying no does not always mean falling out with someone or causing an argument. It is ok to say no to something you are not comfortable with. This can be an action, conversation or touch.
Respect		Showing respect to people works both ways. It is important to know that you deserve to be respected.



YEAR 5  
SPRING 1

Long Meadow School PSHE Knowledge Organiser for:  
The core theme: Living in the Wider World  
The focus of the unit is: Media literacy and digital resilience



## The Benefits and Risks of Social Media

We need to be aware that if we choose to use social media:

- information about us and what we look at can be stored and used to try and sell us things or suggest 'friends' we should add;
- there are risks to adding a 'friend' we have never met in person;
- the Internet is a series of connected computers and whatever we share, like or look at leaves a 'digital footprint'. This is a trail of information we leave online;
- the images and information we put online can be seen by lots of people, including those we do not know. They can be taken without our permission, shared with others and may be impossible to ever remove;
- filters are often applied to images to make them look different;
- privacy settings are useful but not 100% effective.





### Internet Reliability




With so many people having access to the **Internet** it is very easy to find out information. It is also very easy to share information, whether this is true or not. If we see information **online** and we are unsure whether or not it is true, it is very important to check with a reliable source. This may also be **online** or this may be **offline**, such as a book, newspaper or trusted adult. To find out how reliable a **website** is, we can look at who wrote it to see if it is an organisation that we can trust. We can look to see if there are contact details displayed on the **website**, make ourselves aware of any opinions that are being shared, and look at when it was updated and whether it refers to other sources we think are reliable and consider whether it says the same as other sources we trust.




### Key Vocabulary

<b>trolling</b>	Posting information <b>online</b> that will upset someone or cause them problems.
<b>harassment</b>	Sending constant harmful or threatening messages to someone.
<b>device</b>	An electronic item which accesses the <b>Internet</b> .
<b>reliability</b>	Understanding how much we can trust someone or something.
<b>rules</b>	Instructions we need to follow to stay safe.
<b>cookies</b>	Technology used to track <b>Internet</b> activity.



Vocabulary		
Words	Image	Meaning
Resources		Something that can be used for a purpose. Communities and people within them buy sell and use resources. Some resources help them live their lives, such as medical supplies or foods. Other resources are luxurious, such as toys and games.
Zero waste/ plastics		Zero waste is an approach to living in which we strive to minimize the waste we make. It includes everything from the homes we build, to what we buy, the food we eat, and the way we move through the world. The same can be applied to zero plastics.
Environmentally friendly		A product, resource or action that has no (or the least possible) impact on the environment
Pollution		Pollution happens when the environment is contaminated, or dirtied, by waste, chemicals, and other harmful substances. There are three main forms of pollution: air, water, and land.


Vocabulary		
Words	Image	Meaning
Spending		Using money for exchange of goods or service. For example, you can spend money to purchase peanuts.
Tax		Tax is money paid to the government by individuals and businesses that is used to fund public services like healthcare, education, and transport.
Ethical spending		Buying an item that has been made in a way that minimises social and/or environmental damage. At the same time, avoiding products and services deemed to have a poor impact on society or the environment.

Vocabulary		
Words	Image	Meaning
Career		A career is a job that adults dedicate their life to doing. Many people decide what career to pursue based on their interests and skills.
Skills		A skill is the learned ability with good execution. Often within a given amount of time, energy, or both.
Strengths		Something you are naturally good at and didn't need to learn.

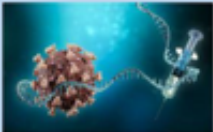
### Key Knowledge

To know about healthy sleep habits and what good sleep routines can look like.

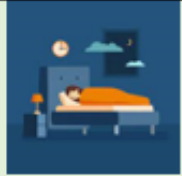


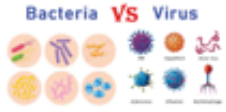
To know about sun safety by describing some benefits of limited sun exposure for physical and mental wellbeing. To describe how the sun can damage skin and health and explain what appropriate exposure and over exposure is in relation to the sun and how to limit exposure.



To understand common diseases and vaccinations and know how vaccinations help keep you safe. To understand how to prevent the spread of bacteria and viruses.



To know how to manage some risky situations by assessing a situation to see whether it might be dangerous. To understand that one's own decisions and actions can help when in risky situations and can identify when and how to get help from others.

Vocabulary		
Words	Image	Meaning
Sleep		Sleep is the natural state of rest in which your eyes are closed, your body is inactive, and your mind does not think.
Sun safety		Steps you take to protect yourself from the sun and not getting sunburnt.
Vaccines / immunisations		Vaccination is the term used for getting a vaccine- that is having an injection or taking an oral vaccine. Immunisation is the process of getting a vaccine and becoming immune to the disease once you have a vaccine.
Bacteria and viruses		Bacteria and Viruses are quite different from each other. Bacteria live in nature whereas Viruses can thrive both in living and in living habitats. Bacteria can survive without a host but a virus will die without a host.

Helpful website:

<https://www.healthforkids.co.uk/>

<https://www.childline.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>





YEAR 5  
SUMMER 2

Long Meadow School PSHE Knowledge Organiser for:  
The core theme: Health and Wellbeing  
The focus of the unit is: Transitions, SRE, Living in the Wider World



### Key Knowledge

To understand erections and wet dreams and know that male and female bodies go through changes and some are different to others

To understand differences about people's identities and know other people are different to me and can talk about this respectfully.

To know factors that contribute to someone's personal identity how to know and show your personal qualities. I can talk about the things I like about myself. I can think of an action or activity that shows my personal qualities.

To know strategies to boost your mental wellbeing and know what helps me when I'm in a low mood. To know things, I do that help my mental health.

To understand changes as you transition to Y6 by understanding things that will stay the same and things which will be different.

Helpful website:

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>



### Vocabulary

Words	Image	Meaning
puberty		Puberty is the time in life when a boy or girl becomes sexually mature. The process happens between ages 10 to 14 for girls and 12 and 16 for boys.
wet dream		A dream in a male which results in the release of sperm.
masturbation		The stimulation or manipulation of one's own genitals.
genitals		Sexual and reproductive organs located on the outside of a body.
erection		The state in which a body part becomes firm and swollen.
sexual orientation		One's inherent attraction to a sexual partner of a certain gender, or absence of gender preference.
discrimination		Is the practice of treating one person or a group of people less fairly or less well than other people or groups.
prejudice		Is the unreasonable dislike of a group of people or things.