

Year 5

Me and my relationships

- I understand simple, safe routines to prevent the spread of bacteria and viruses
- I can name and explain male and female body parts, relating to Sex and Relationship Education
- I know the ways in which boys and girls grow and develop in puberty – physically
- I recognise, as I approach puberty, how people's emotions change at that time and how to deal with my feelings towards myself, my family and others in a positive way
- I know where individuals, families and groups can get help and support
- I can deal positively with my feelings and recognise a range of emotions in others

Keeping myself safe

- I can identify a range of risks connected to alcohol, tobacco, medicines and illegal drugs
- I know which commonly available substances and drugs are legal and illegal, and their effects and risks
- I know the dangers from handling discarded syringes and needles
- I recognise that not all information on the internet is accurate or unbiased (advertising) and develop strategies for identifying the origin of a website
- I can use online tools safely to exchange information and collaborate with others within and beyond school
- I understand the potential risks of providing personal information in an increasing range on online technologies both within and outside school
- I understand that the person that I think I am communicating with on-line may not be who they say they are.
- I know how to present myself safely online eg social media sites

My healthy lifestyle

- I know what makes a healthy lifestyle- the benefits of exercise and healthy eating and the factors that affect mental health, including positive self-image.
- I know where individuals, families and groups can get help and support
- I can express my views confidently and listen to and show respect for the views of others
- I can resolve differences, looking at alternatives, making decisions and explaining choices

Me and My future

- I know about the range of jobs carried out by people
- I know and understand how I can develop skills to make a contribution in the future
- I know that there are a range of earnings for different jobs
- I am able to plan for future spending
- I understand how and why people save
- I can differentiate between essentials and desires – needs and wants
- I understand 'value for money' and can make informed choices to get 'value for money'
- I am able to assess 'best buys' in a range of circumstances
- I am able to understand and manage feelings about money, my own and others
- I can discuss wider issues such as 'does money make you happy?'
- I can describe the main types of employment in my area now and in the past
- I know that I have the same rights and opportunities in learning and work the same as other people.
- I recognise and use the qualities and skills to be enterprising

Becoming an active citizen

- I know how to access local and national support groups
- I can talk and write about my opinions
- I know that circumstances in other countries and cultures may be different from our own
- I know about Fair Trade and what it means
- I know that individual and community rights and responsibilities need to be taken into account when making decisions
- I understand that choices we make as individuals, a community and a nation impact internationally
- I am beginning to understand that 'poverty' might have different meanings to different people in different circumstances
- I can recognise and challenge stereotypes
- I know where to find impartial advice to inform my decision making
- I can express my views confidently and listen to and show respect for the views of others
- I can resolve differences, looking at alternatives, making decisions and explaining choices

Moving on

- I can identify positive achievements during my time in Year 5
- I can explain what I am worried about and what I am looking forward to in Year 6
- I know what to expect when I start Year 6
- I can understand why other people are behaving as they are when they are finding change difficult.
- I know some of the ways of dealing with the feelings that sometimes arise from changes