



Kindness PSHE / Jigsaw Enjoyment Achievement



Year Group	Unit Title	End points
5	Being me in my world	• Set personal goals and face challenges positively • Know how to be a citizen of my school and of my country • Know my rights and responsibilities • Know about democracy and having a voice in my school • Know the consequences of different behaviour choices on a person and the people around them • Know and understand our Learning Charter
5	Celebrating difference	• Know about cultural differences • Know what racism is • Understand different types of bullying behaviours • Know about the lives of people in other countries • Know my own and other people's cultures
5	Dreams and goals	• Know how money can help people work towards their dreams • Know about saving, spending, risk and digital choices • Know about different jobs, careers and salaries • Know how media and online information can influence views • Know about dreams and goals in different cultures • Understand barriers and opportunities people may face • Understand ways people and communities can support each other • Know about fundraising, sponsorship and teamwork
5	Healthy me	• Know about the health risks of smoking • Know the health risks of misusing alcohol • Practice basic emergency aid procedures (including recovery position) • Know how to get help in an emergency situation • Know how body image may be influenced by media • Understand the different roles food can play in people's lives • Understand eating problems and body image pressures
5	Relationships	• Know my characteristics and personal qualities • Understand the positive and negative consequences of online communities • Know my rights and responsibilities in online communities or social networks • Know how to stay safe when using technology to communicate with friends • Know my rights about my personal data
5	Changing me	• Know about my self-image and self-esteem • Understand how girls' bodies change at puberty • Understand how boys' bodies change at puberty

		• Know about becoming a teenager • Prepare moving to my next class • Plan ahead for next year
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