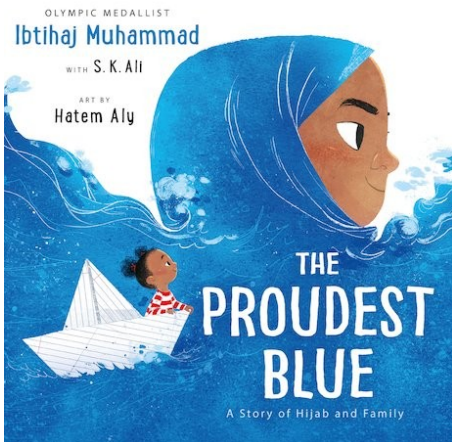


YEAR 5 PSHE – HEALTHY ME

STICKY KNOWLEDGE ABOUT DREAMS AND GOALS

- Know how to face new challenges positively
- Understand how to set personal goals
- Understand the rights and responsibilities associated with being a citizen in the wider community and their country
- Know how an individual's behaviour can affect a group and the consequences of this
- Understand how democracy and having a voice benefits the school community
- Understand how to contribute towards the democratic process



SOCIAL AND EMOTIONAL SKILLS

- Be able to identify what they value most about school
- Identify hopes for the school year
- Empathy for people whose lives are different from their own
- Consider their own actions and the effect they have on themselves and others
- Be able to work as part of a group, listening and contributing effectively
- Understand why the school community benefits from a Learning Charter
- Be able to help friends make positive choices
- Know how to regulate my emotions

QUESTIONS FOR FAMILY LEARNING

- **What makes an effective class team?**
- **How do all the different people in school work together so that it runs well? Does everyone have a role in school?**
- **Do you have choices about how to behave? How do rules, rewards and consequences help with this?**
- **What do you think democracy is? Can you give an example?**
- **What skills do you have that can**

KEY VOCABULARY

Challenge	a call to someone to participate in a competitive situation
Goal	the object of a person's ambition or effort; an aim or desired result.
Attitude	a feeling or opinion about something or someone, or a way of behaving that is caused by this
Actions	the fact or process of doing something, typically to achieve an aim.
Rights and Responsibilities	A right is a choice to make your own opinion and entitlement to things such as education, religion and freedom of speech. Responsibilities are duties or something an individual should do such as following the law and rules.
United Nations Convention on The Rights of the Child	a legally-binding international agreement setting out the civil, political, economic, social and cultural rights of every child, regardless of their race, religion or abilities.
Citizen	a legally recognized subject or national of a state or commonwealth, either native or naturalised.
Choices	an act of choosing between two or more possibilities.
Consequences	a result or effect, typically one that is unwelcome or unpleasant.
Views	regard in a particular light or with a particular attitude.
Opinion	a view or judgement formed about something, not necessarily based on fact or knowledge.
Collaboration	the action of working with someone to produce something.
Collective Decision	a choice that you make after thinking about something as a group.
Democracy	government by the people; a form of government in which the supreme power is vested in the people and exercised directly by them or by their elected agents under a free electoral system.

- help a team work well together?**
- **What are the Jigsaw Friends in your class called? How are the Jigsaw Friends used in your Jigsaw lessons?**
 - **Can you tell me about Calm Me**

