Being Me in My World

Who am I and how do I fit? Puzzle Map – Year 5

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Help others to feel welcome	My Year Ahead	I can face new challenges positively and know how to set personal goals	I know what I value most about my school and can identify my hopes for this school year
Try to make our school community a better place	Being a Citizen of My Country	I understand my rights and responsibilities as a citizen of my country	I can empathise with people in this country whose lives are different to my own
Think about everyone's right to learn	Year 5 Responsibilities	I understand my rights and responsibilities as a citizen of my country and as a member of my school	I can empathise with people in this country whose lives are different to my own
Care about other people's feelings	Rewards and Consequences	I can make choices about my own behaviour because I understand how rewards and consequences feel	I understand that my actions affect me and others
Work well with others	Our Learning Charter	I understand how an individual's behaviour can impact on a group	I can contribute to the group and understand how we can function best as a whole
Choose to follow the Learning Charter	Owning our Learning Charter ***Assessment Opportunity***	I understand how democracy and having a voice benefits the school community and know how to participate in this	I understand why our school community benefits from a Learning Charter and can help others follow it

Puzzle Outcome: The Learning Charter

Celebrating Difference

Respect for similarity and difference. Anti-bullying and being unique. Puzzle Map – Year 5

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Accept that everyone is different	Different cultures	I understand that cultural differences sometimes cause conflict	I am aware of my own culture
Include others when working and playing	Racism	I understand what racism is	I am aware of my attitude towards people from different races, cultures and ethnicities
Know how to help if someone is being bullied	Rumours and Name-calling	I understand how rumour-spreading and name-calling can be bullying behaviours	I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one
Try to solve problems	Types of Bullying	I can explain the difference between direct and indirect types of bullying	I know some ways to encourage children who use bullying behaviours to make other choices and know who to support children who are being bullied
Try to use kind words	Does Money Matter? ***Outcome: Culture Display***	I can compare my life with people in the developing world	I can appreciate the value of happiness regardless of material wealth
Know how to give and receive compliments	Celebrating Difference across the world ***Assessment Opportunity***	I can understand a different culture from my own	I respect my own and other people's cultures

Puzzle Outcome: Hall of fame display- Celebrating different cultures

Dreams and Goals

Aspirations, how to achieve goals and understanding the emotions that go with this. Puzzle Map – Year 5

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Stay motivated when doing something challenging	When I Grow Up (My Dream Lifestyle)	I understand that I will need money to help me achieve some of my dreams	I can identify what I would like my life to be like when I am grown up
Keep trying even when it is difficult	Investigate Jobs and Careers	I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs	I appreciate the contributions made by people in different jobs
Work well with a partner or in a group	My Dream Job. Why I want it and the steps to get there	I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it	I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future
Have a positive attitude	Dreams and Goals of Young People in Other Cultures	I can describe the dreams and goals of young people in a culture different to mine	I can reflect on how these relate to my own
Help others to achieve their goals	How can we support Each other? ***Outcome: Charity Fundraiser***	I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.	I appreciate the similarities and differences in aspirations between myself and young people in a different culture
Are working hard to achieve their own dreams and goals	Rallying Support ***Assessment Opportunity***	I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship	I understand why I am motivated to make a positive contribution to supporting others

Puzzle Outcome: Our Garden of Dreams and Goals - charity fundraising

Healthy Me

Being and keeping safe and healthy. Puzzle Map – Year 5

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Have made a healthy choice	Smoking	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart	I can make an informed decision about whether or not I choose to smoke and know how to resist pressure
Have eaten a healthy meal, balanced diet	Alcohol	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
Have been physically active	Emergency Aid	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	I know how to keep myself calm in emergencies
Have tried to keep themselves and others safe	Body Image	I understand how the media, social media and celebrity culture promotes certain body types	I can reflect on my own body image and know how important it is and this is positive and I accept and respect myself for who I am
Know how to be good friends and enjoy healthy friendships	My Relationship with Food	I can describe the different attitudes people have to food and how these can be affected by external influences	I respect and value my body
Know how to keep calm and deal with difficult situations	Healthy Me ***Assessment Opportunity***	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	I am motivated to keep myself healthy and happy

Puzzle Outcome: Happy Healthy Me Recipe Book. Healthy Body Image.

Relationships

Building positive, healthy relationships Puzzle Map – Year 5

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Know how to make friends	Recognising Me	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities	I know how to keep building my own self-esteem
Try to solve friendship problems when they occur	Safety with Online Communities	I understand that belonging to an online community can have positive and negative consequences	I can recognise when an online community feels unsafe or uncomfortable
Help others to feel part of a group	Being in an Online Community	I understand there are rights and responsibilities in an online community or social network	I can recognise when an online community is helpful or unhelpful to me
Show respect in how they treat others	Online Gaming	I know there are rights and responsibilities when playing a game online	I can recognise when an online game is becoming unhelpful or unsafe
Know how to help themselves and others when they feel upset or hurt	My Relationship with Technology: Screen time	I can recognise when I am spending too much time using devices	I can identify things I can do to reduce screen time, so my health isn't affected
Know and show what makes a good relationship	Relationships and Technology ***Assessment Opportunity***	I can explain 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 myself or others

Puzzle Outcome: Fit together pieces of learning to create 'Our Relationship Fiesta'. Memory Box