

An overview of PSHE in Year 5 – Spring Term 1

Our learning this term in PSHE will be on the topic 'Be Yourself'. Below, you can read the overview of learning objectives for this PSHE topic.



- **You Are Unique**

Children will learn to reflect on and celebrate their achievements, identify their strengths and areas of improvements and set high aspirations and goals. They will recognise that they may experience conflicting emotions and how they can overcome these through celebrating the fact that everyone is unique.

- **Let It Out!**

Children will explore good and not so good feelings and continue to recognise that they may experience conflicting emotions. They will be able to explain why they should share their own thoughts and feelings and know how to do this.

- **Uncomfortable Feelings**

Children will develop strategies to resolve disputes and conflicts through negotiation and appropriate compromise. They will be able to explore uncomfortable feelings and understand how to manage them.

- **The Confidence Trick**

Children will understand why we sometimes feel shy or nervous. They will learn to approach challenges positively and continue to develop their understanding of different feelings by extending their vocabulary to explain these to others.

- **Do the Right Thing**

Children will discuss how to make informed choices and begin to understand the concept of a 'balanced lifestyle'. They will identify when they might have to make a different choice to those around them and that this is okay.

- **Making Amends**

Children will reflect on and celebrate their achievements based on their new understanding. They will explore how it feels to make a mistake and describe how they can make amends through responsible choices and actions.