

Year 5 Personal, Social and Health Education
 Summer 2 'Relationships'

Session	Learning Objective	Aspects Covered and Vocabulary	Social and Emotional Learning
1. Recognising Me	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities	<i>Characteristics Personal qualities Attributes Self-esteem</i>	I know how to keep building my own self-esteem
2. Safety with Online Communities	I understand that belonging to an online community can have positive and negative consequences	<i>Responsibility/Being responsible Age restriction</i>	I can recognise when an online community feels unsafe or uncomfortable
3. Being in an Online Community	I understand there are rights and responsibilities in an online community or social network	<i>Social network Community Online Off line Responsibility Rights Risky</i>	I can recognise when an online community is helpful or unhelpful to me
4. Online Gaming	I know there are rights and responsibilities when playing a game online	<i>Age restriction Community Violence Appropriate Grooming Trolled Gambling/betting Trustworthy Responsibility Rights Risky</i>	I can recognise when an online game is becoming unhelpful or unsafe

5. My Relationship with Technology	I can recognise when I am spending too much time using devices (screen time)	<i>Devices</i> <i>Screen time</i> <i>Social</i> <i>Off line</i> <i>Mental health</i> <i>Physical health</i>	I can identify things I can do to reduce screen time, so my health isn't affected
6. Relationships and Technology	I can explain how to stay safe when using technology to communicate with my friends	<i>Personal information</i> <i>Safe</i> <i>Online</i> <i>Choices</i> <i>Vulnerable</i> <i>Risk</i> <i>Grooming</i> <i>Rights</i> <i>Responsibilities</i>	I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others