

As a Year Five Life Skills Learner I will know...

Families and Relationships

That marriage is a legal commitment and is a choice people can make.  
 That if I have a problem, I can call *Childline* on 0800 1111.  
 What attributes and skills make a good friend.  
 Factors that might lead to someone bullying others.  
 The actions a bystander can take when they see bullying.  
 That positive attributes are the good qualities that someone has.  
 That stereotypes can be unfair, negative and destructive.  
 That discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.

Citizenship

What happens when someone breaks the law.  
 The waste hierarchy.  
 That parliament is made up of the House of Commons, the House of Lords and the Monarch.  
 That parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.  
 That a pressure group is a group of people who feel very strongly about an issue and want to see something change.

Health and Wellbeing

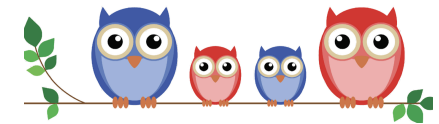
The risks of sun exposure.  
 That relaxation stretches can help us to relax and de-stress.  
 That calories are the unit that we use to measure the amount of energy certain foods give us.  
 That what we do before bed can affect our sleep quality.  
 What can cause stress.  
 That failure is an important part of success

Economic Wellbeing

That when money is borrowed it needs to be paid back, usually with interest.  
 That it is important to prioritise spending.  
 That income is the amount of money received and expenditure is the amount of money spent.  
 Some ways that people lose money.

Safety and the Changing Body

The steps to take before sending a message online (using the THINK mnemonic).  
 Some of the possible risks online.  
 Some strategies I can use to overcome pressure from others and make my own decisions.  
 The process of the menstrual cycle.  
 The names of the external sexual parts of the body and the internal reproductive organs.  
 That puberty happens at different ages for different people.  
 How to assess a casualty's condition.



**As a Year Five Life Skills Learner I can...**

*Families and Relationships*

Identify ways families might make children feel unhappy or unsafe.  
 Explore the impact that bullying might have.  
 Explore issues which might be encountered in friendships and how these might impact the friendship.  
 Explore and question the assumptions we make about people based on how they look.  
 Explore our positive attributes and be proud of these (self-respect).

*Citizenship*

Explain why reducing the use of materials is positive for the environment.  
 Discuss how rights and responsibilities link.  
 Explore the right to a freedom of expression.  
 Identify the contribution people make to the community and how this is recognised.  
 Develop an understanding of how parliament and Government work.  
 Identify ways people can bring about change in society.

*Health and Wellbeing*

Consider ways to prevent illness.  
 Identify some actions to take if I am worried about my health or my friends' health.  
 Identify a range of relaxation strategies and situations in which they would be useful.  
 Explore ways to maintain good habits.  
 Set achievable goals for a healthy lifestyle.  
 Explore my personal qualities and how to build on them.  
 Develop strategies for being resilient in challenging situations.

*Economic Wellbeing*

Discuss risks associated with money.  
 Make a budget based on priorities.  
 Discuss the role of money in selecting a job.  
 Discuss how income can change and the feelings associated with this.

*Safety and the Changing Body*

Develop an understanding of how to ensure relationships online are safe.  
 Make 'for' and 'against' arguments to help with decision making.  
 Explain the emotional changes that may happen during puberty.  
 Identify reliable sources of help with puberty.  
 Understand how to help someone who is bleeding.