

St Robert Southwell Catholic Primary School

Aiming For Excellence - Being The Best We Can Be

Year 5 PSHE Knowledge Organiser

In a Catholic school, pupils are growing to be:

What should I already know?

Respectful of their own bodies & character; Appreciative for blessings; Grateful to others & God; Patient when they do not always get what they want;

Friendly, Caring, Respectful, Forgiving, Courteous and Honest.

Just and fair in their treatment of other people, locally, nationally and globally; People who serve others; Active in their commitment to bring about change

Pupils should be taught:

How to maintain positive relationships and strategies to use when relationships go wrong

There are different types of relationships including those between acquaintances, friends, relatives and family

Marriage represents a formal and legally recognised commitment

For the Church, marriage has a special significance as one of the sacraments

The characteristics of a healthy family life.

How to make informed choices in relationships and that choices have positive, neutral and negative consequences

An awareness of bullying (including cyber-bullying) and how to respond

About harassment and exploitation in relationships, including physical, emotional and sexual abuse and how to respond

To recognise and manage risk, to develop resilience and learn how to cope with "dares" and other ways in which people can be pressurised

About changes that can happen in life, e.g. loss, separation, divorce and bereavement and the emotions that can accompany these changes

Keeping Safe

Pupils should be taught:

Keeping safe

To recognise their increasing independence brings increased responsibility to keep themselves and others safe

How to use technology safely

That not all images, language and behaviour are appropriate

To judge what kind of physical contact is acceptable or unacceptable and how to respond Importance of seeking and giving permission in relationships

People who can help me

That there are a number of different people and organisations they can go to for help in different situations and how to contact them

How to report and get help if they encounter inappropriate materials or messages To keep asking for help until they are heard



The Digital WORLD

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Living in the wider world

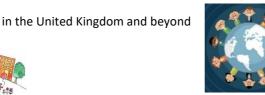
Pupils should be taught:

That there are some cultural practices which are against British law and universal rights (e.g. honour-based violence and forced marriage, human trafficking etc.)

That actions such as female genital mutilation (FGM) constitute abuse, are crimes and how to get support if they have fears for themselves or their peers

That bacteria and viruses can affect health and that following simple routines and medical interventions can reduce their spread

About the range of national, regional, religious and ethnic identities in the United Kingdom and beyond and the importance of living in right relationship with one another



Designed Planned what it would be like Purpose Reason Seeking the best for someone Love Prayer Petition The feeling that you're being pushed into a certain choice, **Pressure** good or bad Spoken pressure Direct pressure Unspoken pressure Indirect pressure Resist Struggle Threat Danger **Flattery** Sweet talk Consent Giving permission for something to happen **Bodily autonomy** Control over our body Admire Respect Words that we say to ourselves Thoughts How we feel Feelings What we do, our behaviour Actions Positive Optimistic Online Connected electronically NSPCC National Society for the Prevention of Cruelty to Children Share Divide Cyberbullying Repeated bullying through technology **Physical contact** Touch Mistreat **Abuse** When someone fails to provide for a child's needs Neglect Physical abuse Deliberately hurting a child **Emotional abuse** When someone treats a child in a way that affects their well-being Sexual abuse When a child is made to do something with their bodies that frightens or worries them or made to do this to someone else Trinity Three in one God Eternal Creator who we worship Father Our loving Carer, Abba Our Saviour, Adam Son **Holy Spirit** Our Comforter, Amara

Vocabulary





Important facts

Physically becoming an adult is a natural phase of life. Lots of changes will happen when growing up, and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it! They were made to love and be loved.

God calls us to love others. We can participate in God's call to us.

Pressure comes in different forms; There are strategies that they can adopt to resist pressure. In school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. The importance of permission-seeking and giving in relationships with friends, peers and adults.

Thoughts and feelings impact our actions;

God is Trinity - a community of persons; The Church is the Body of Christ.

Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be:

Just, understanding that the way we live has an impact on others locally, nationally and globally Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation

Quiz

- 1 Why were you made?
- 2 What do you know about Zacchaeus?
- 3 How do we meet Jesus?
- 4 How can you resist pressure?
- 5 How can you stay safe online?
- 6 Is it OK to share any photo online?
- 7 What is cyberbullying?
- 8 What should you do if you are being cyberbullied?
- 9 Name 3 types of abuse.
- 10 Name the persons of the Trinity.

