

Knowledge Organiser



Year 5 - Me and My Relationships

Key questions

Feelings

What are emotional needs?
Do we have the same emotional needs?

Do emotional needs stay the same?

Why are emotional needs important?

Friendship Skills, Including Compromise

What qualities make a good friend? Why?

How does a good friend show these qualities?

Do these qualities make a difference in friendships? How?

Assertive Skills

How can someone stand up for themselves?

When would someone use their assertiveness skills?

Is assertiveness the best way to react to pressure? Why?

Key vocabulary

collaborate aggressive
resolution conflict pressure
emotional needs passive
assertiveness negotiation
unsafe compromise
body language respect
uncomfortable touching qualities
unhealthy relationship

I can ...

I can give a range of examples of our emotional needs and explain why they are important.

I can explain why these qualities are important.

I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.

Knowledge Organiser



Year 5 - Valuing Difference

Key questions

Recognising and Celebrating Difference, Including Religions and Cultural

Is having different groups
something to celebrate? Why?

Why can religious and cultural
differences cause conflict?

Can differences in faiths and
cultures be positive? Why?

Influence and Pressure of Social Media

Does a person's online posts
about themselves reflect their life?

Why would someone want to
create a false impression when
they post online?

Is it healthy or harmful to post
something online that is not the full
truth? Why?

Key vocabulary

multicultural society compare
point of view stereotype
discrimination diverse racism
false impression respect
prejudice similarities excluded
conflict celebrate religious
social media cultural tolerance
acceptance

I can ...

I can give examples of different
faiths and cultures and positive
things about having these
differences.

I can explain how people
sometimes aim to create an
impression of themselves in what
they post online that is not real
and what might make them do
this.

Knowledge Organiser



Year 5 - Keeping Safe

Key questions

Managing Risk, Including Staying Safe Online

What risky situations can happen online?

What can someone do to make the situation less risky?

What can influence a person to take risks online?

Does everyone have a choice whether to take risks online?

Norms Around Use of Legal Drugs (Tobacco, Alcohol)

Do lots of young people choose to smoke?

Why do some people think that lots of young people smoke?

Can knowing the true percentage (3%) influence people's choice about smoking? How?

Key vocabulary

habit cigarettes drugs
pressure alcohol vapes
weigh up risk influence
privacy settings assertive
cyberbullying decision
social norms assessing risk
e-cigarettes

I can ...

I can give examples of things that might influence a person to take risks online. I can explain that I have a choice.

I can say the percentage of people aged 11-15 years old that smoke in the UK (3%) and I can give reasons why some people think it's a lot more than this.

Knowledge Organiser



Year 5 - Rights and Respect

Key questions

Rights and Responsibilities

Are rights and responsibilities the same?

Do rights and responsibilities change as someone gets older? How?

What rights and responsibilities do we have to the community and the environment?

Rights and Responsibilities Relating to My Health

How is someone responsible for their own health?

Why do some people find it hard to stick to their responsibilities for keeping healthy?

What might help someone restart being responsible for keeping healthy?

Decisions About Lending, Borrowing and Spending

What things are needed by people in the community?

What services do local councils provide?

Do councils choose how much money they give to the services they provide?

How might a council's spending choices affect different groups in the community?

Key vocabulary

councillors environment interest
rights responsibility debit
costs borrow credit
health community group
public services loan council
exercise vote duties
sustainable elections

I can ...

I can give examples of some of the rights and related responsibilities I have as I grow older, at home and school. I can also give real examples of each that relate to me.

I can give a few different examples of things that I am responsible for to keep myself healthy.

I can explain that local councils have to make decisions about how money is spent on things we need in the community. I can also give an examples of some of the things they have to allocate money for.

Knowledge Organiser



Year 5 - Being My Best

Key questions

Growing Independence and Taking Responsibility

How does someone become more independent as they grow older?

What responsibilities do teenagers have?

Does having more independence mean having more responsibility? Why?

Media Awareness and Safety

Are media images of celebrities true? How can media images of celebrities make someone feel? What non-physical qualities make people attractive? Why?

Key vocabulary

perseverance media-influence
kindness celebrities
independence patience
resilience consideration
confidence
personal qualities

I can ...

I can give an example of when I have had increased independence and how that has also helped me to show responsibility.

I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.

Knowledge Organiser



Year 5 - Growing and Changing

Key questions

Managing Difficult Feelings

Why do people have good and not so good feelings?

Is resilience the same as confidence?

Can someone develop confidence or resilience? How?

Does having resilience help people with their feelings?

Managing Change

What different changes can someone experience?

Does change cause strong emotions?

Does preparing for change help?
How might preparing for change help someone to cope with it? What might help someone cope with these strong emotions?

Getting Help

Does the body feel differently when someone may need help?

When might someone need help?

What advice would you give to someone who needs to get help?

What makes someone a trusted adult?

Key vocabulary

respect wellbeing trust
hormones mood swings
confidential confidence
resilience puberty crush
embarrassed menstruation
unwanted attention separation
unwanted touch period products

I can ...

I can explain what resilience is and how it can be developed.

I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).

I am able to identify when I need help and can identify trusted adults in my life who can help me.