



ESF Progression in PSHE /RSE Skills and Knowledge - Year 5



	Year 5
Families and People who care for us	I know that families are important for children growing up because they can give love, security and stability.
	I know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
	I know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
Caring Friendships	I know how important how friendships are in making us feel happy and secure, and how people choose and make friends.
	I know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
	I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
Respectful Relationships	I know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
	I know practical steps that I can take in a range of different contexts to improve or support respectful relationships.
	I understand and use the conventions of courtesy and manners.
	I know the importance of self-respect and how this links to my own happiness.
	I know that in school and in wider society I 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.
Safe Relationships	I can identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations.
	I know how to ask for, give and not give permission for physical contact.
	I know how it feels in a person's mind and body when they are uncomfortable.
	I know that it is never someone's fault if they have experienced unacceptable contact.
	I know how to respond to unwanted or unacceptable physical contact.
	I know that no one should ask me to keep a secret that makes me feel uncomfortable or try to persuade others to keep a secret that they are worried about.
	I know who to tell if I am concerned about unwanted physical contact.
Keeping Safe	I know how to predict, assess and manage risk in different situations.
	I know what is meant by first aid; basic techniques for dealing with common injuries.
	I know how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.
	I know that female genital mutilation (FGM) IS AGAINST British Law, what to do and whom to tell if I think I am or someone else I know is at risk.

Online Relationships	I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
	I know how information and data is shared and used online.
Mental Wellbeing	I know that mental wellbeing is a normal part of daily life, in the same way as physical health.
	I know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
	I know how to recognise and talk about my emotions, including having a varied vocabulary of words to use when talking about my own and others' feelings.
	I know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
	I know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
	I know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
Physical Health and Fitness	I know the characteristics and mental and physical benefits of an active lifestyle.
	I know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
Internet Safety and harms	I know that for most people the internet is an integral part of life and has many benefits.
	I know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
	I know how to consider the effect of my online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
	I know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
	I know where and how to report concerns and get support with issues online.
Growing and Changing	I know about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes.
	I know that for some people their gender identity does not correspond with their biological sex.
	I know how to recognise, respect and express my individuality and personal qualities.