

Year 5 – What does ‘expected’ look like?

My Healthy Self	Connecting with Others
- Identify nutrients on traffic light food labels. - Compare traffic light food labels to make a healthier choice. - Describe how active they are now and why adults stay active. - Identify light, moderate and vigorous activity. - Explain how physical activity supports the body and mind. - Name a range of more complex feelings. - Describe signs of more complex feelings in the body. - Suggest helpful ways to respond to strong and complex feelings. - Describe ways to look after mental health. - Recognise signs that someone might need support with their mental health. - Name trusted adults and professionals who can help with mental health and explain what they do.	- Identify a range of influences that shape identity, such as family, culture, beliefs and personal interests. - Link aspects of identity to their behaviour or choices. - Describe what commitment means and give examples of how it can be shown within families in different ways, including legal commitments such as marriage or civil partnerships. - Describe ways their own and others’ families support and protect each other and suggest what someone can do if they, or someone they know, feels unsupported and needs help. - Describe why healthy friendships matter for wellbeing. - Suggest practical ways to start, maintain and repair friendships and recommend positive ways to handle friendship challenges. - Select and apply appropriate self-regulation techniques to stay calm and in control during disagreements. - Understand what it means to be assertive and the importance of balancing your own needs and wants against being polite and respectful.
The Online World	Citizenship
- Understand that much online content is designed to influence people. - Identify how online content can influence people (such as through adverts, videos, trends and opinions (presented as fact)). - Explain that influence can affect what people buy, watch or believe and is not always obvious. - Recognise the difference between fact and opinion. - Explain that some people try to influence or mislead people on purpose, for example, to get money, attention or reactions. - Evaluate online content and assess whether it is reliable and true. - Report content to an adult or online if you think it is deliberately misleading (or makes them feel uncomfortable).	- Give examples of people who have contributed to their community. - Identify issues they care about. - Describe how community groups can help make a difference. - Describe how the UK government is made up of elected people. - Name parts of the UK government and what they do. - Recognise that taxes help fund government and local spending. - Understand the role of local councillors. - Role-play a local council surgery. - Explain how pressure groups try to persuade the public or the government to make changes. - Describe ways they can influence what happens in Parliament.
Growing Up	Citizenship
- Explain what puberty is and why it happens. - Describe the physical changes that occur during puberty, using correct scientific vocabulary. - Explain how puberty changes affect hygiene and how good personal care supports health and cleanliness. - Describe the range of emotions that may be experienced during puberty and explain why these can change over time. - Identify trusted adults and people they can talk to for support or advice. - Describe what a period is, why it happens and how it can be managed, including naming different products. - Explain how unkind behaviour or comments about physical and emotional changes can affect others and suggest ways to show kindness and respect. - Describe what personal boundaries are, explain why they are important, recognise when they may be crossed and suggest kind and assertive responses.	- Distinguish between needs and wants when making spending decisions. - Identify different sources of income and types of expenditure. - Allocate money within a weekly budget while prioritising needs. - Explain how a loan works. - Evaluate whether taking out a loan is sensible, including the consequences of late repayment. - Identify situations where money may be at risk online or offline. - Recommend suitable strategies for keeping money safe. - Assess the possible risks and consequences of different forms of gambling.