Coley Primary School – Knowledge Organiser

SUBJECT FOCUS:	PSHE including RSE	YEAR 5	WHOLE SCHOOL YEAR

RELATIONSHIPS

Healthy Relationships Key Facts

- Teams work best when all members have the opportunity to talk and do their best to listen to what others in their team have to say.
- Teams work well when the members of the team can give and receive constructive feedback.
- All relationships should make you feel safe, happy and healthy.
- Treat one another with respect and kindness.
- Remember, always look for support and advise when you feel uncomfortable about any situation.
- Good friends will be respectful to each other and accept them for who they are, regardless of their biological sex, gender expression and orientation.
- Make sensible decisions. Know that peer pressure can make us choose the wrong decisions.



Key Words			
teamwork	collaborate	respect	honesty
communicate	contribute	compromise	forgiveness
responsibility	consequence	opinion	goal
support	respectful	opportunity	success
challenge	achievements	inspiration	equality

Being part of a community

- A community is a group of people with common interests. We are all members of a community. A community could be the local area or it could be our school or other groups you are part of.
- It is important that we treat our community with respect and value the key part everyone plays in a community.
- We can think about helping our community including looking after the environment by: litter picking, recycling, helping elderly people with their shopping and volunteering.

Valuing Differences Key Facts

- There is no such thing as 'the perfect body'. People come in all different shapes and sizes.
- Accept differences and celebrate individuality.
- Kindness to all, regardless of race, religion and gender.
- We are all equal.
- Everyone should be treated fairly and given the same opportunities.

HEALTH AND WELLBEING

Healthy Lifestyles

Sleeping Habits

- On average, children aged between 7-12 need around 10 – 11 hours of sleep each night.
- Children need around an hour of moderate exercise every day.
- The blue light used in devices with screens, such as laptops and mobile phones, makes it harder to fall asleep.

Sun Safety

- It is important we take care of ourselves when in the sun. We should look after our skin by wearing a hat, covering up, seeking shade and applying sun cream with an SPF of at least 15.
- Sun-damaged skin could lead to skin cancer, rough, blotchy skin, sunburn or sunstroke.

Medicines

- Medicines help us when we don't feel well. They can come in tablet, powder or liquid form.
- These medicines can be prescribed by a doctor or bought over the counter in a pharmacy.
- Every medicine comes with instructions on how and when to take it – you must not take more medicine than the amount recommended.
- Never take any tablets you find lying around. It can be very dangerous to take someone else's medication. If this happens, speak to a doctor straight away.

Growing and Changing

- Everyone has their own unique, personal identity. This can be influenced from various factors including race, gender, faith, culture and hobbies.
- For some people, their gender identity does not correspond to their biological sex.
- It is important to respect people and recognize that everyone has their own identity.
- Sometimes people need support to help boost their mood, it is good to talk to people about how we are feeling and help think of ways to look after our wellbeing.
- We can often help our wellbeing by being active, taking part in events or learning new hobbies and interests.

Key Words			
choices	body image	consent	healthy
unhealthy	exercise	diet	sleep
first aid	medicine	prescription	pressure
puberty	cleanliness	physical health	mental health
wellbeing	self-respect	support	Childline

Keeping Safe

Key Facts

- If you are feeling worried about something and do not feel comfortable telling an adult you know, you can contact Childline to ask for support. The number for children to call to speak to Childline is 0800 1111.
- What to do in an emergency:
  - Stay calm.
  - Find an adult to help you.

  If there is no adult around, ring 999, explain what has happened and ask for the police, fire brigade, an ambulance or the coastguard.





Possible experiences:

Life bus visit – drugs, medication, global citizenship, friendships.

Anti-bullying Week, includes cyberbullying awareness

Career event

Internet Safety

Road Safety, includes Bikeability

Junior Carer – hospital work experience