

Year 5 Autumn 1: PSHE Knowledge Mat

What makes up a person's identity?

Key Vocabulary		Images	Core Knowledge
Democracy	Democracy means “rule by the people”, meaning each of us has a say in how our country is run.		➤ To know about identity, personal attributes and qualities, individuality and stereotypes.
Personal Attributes	Personal attributes are the special qualities, traits, and skills that make each person unique.		➤ To know the importance of self-respect and how this links to their own happiness.
Equality	Equality means treating everyone with the same fairness, respect, and value.		➤ To know that 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.
Stereotype	A stereotype is a fixed, overly simple idea or label that people apply to an entire group of people that share a trait (like gender, age, or background).		➤ To know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help.
Individuality	Individuality means all the special things that make you different from everyone else.		➤ To know what a stereotype is, and how stereotypes can be unfair, negative or destructive.
Race	Race is a group of people who share similar physical traits, like skin colour.		
Heritage	It means the traditions, beliefs, and stories you and your family follow.		
Culture	Culture is the way of life for a group of people. It includes their food, clothing, language, and everyday habits.		
Beliefs	A strong idea or feeling that something is true, even without physical proof. Beliefs often guide how people choose to live.		

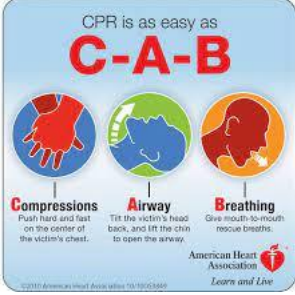
Year 5 : Knowledge Mat What decisions can people make with money?

Key Vocabulary		Images	Core Knowledge
Credit	The ability of a customer to obtain goods or services before payment, based on the trust that payment will be made in the future	  	➤ I know how people make decisions about spending and saving money and what influences them ➤ I know how to keep track of money so people know how much they have to spend or save ➤ I know how people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/credit cards; loans) ➤ I know how to recognise what makes something 'value for money' and what this means to them ➤ I know that there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions
Debit	Money paid directly from a bank account.		
Risk	A situation involving exposure to danger or loss.		
Interest	Money paid regularly not an account at a particular rate for the use of money by the bank		
Value	The financial amount that an object is worth		
Spending	When money is used to purchase a service or item.		
Saving	When money is kept safe and not spent, sometimes gaining interest in a bank account.		

Year 5: Knowledge Mat - How can friends communicate safely?

Key Vocabulary		Images	Core Knowledge
Communication	means of sending or receiving information, such as phone lines or computers	   	➤ I know about the different types of relationships people have in their lives ➤ I know how friends and family communicate together; how the internet and social media can be used positively ➤ I know how knowing someone online differs from knowing someone face-to-face ➤ I know how to recognise risk in relation to friendships and keeping safe ➤ I know the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family ➤ I know how to respond if a friendship is making me feel worried, unsafe or uncomfortable
Social media	websites and applications that enable users to create and share content or to participate in social networking.		
Permission	the action of officially allowing someone to do a particular thing; consent or authorisation		
Personal information	any information that can be used to identify a person		
Harassment	illegal behaviour towards a person that causes mental or emotional suffering		
Reporting	give an account of something that one has observed, heard, done, or investigated- especially when it is wrong		
Online abuse	behaviour that has a threatening, intimidating, harassing or humiliating affect on a person		
Phishing	the fraudulent practice of sending emails or other messages in order to get individuals to reveal personal information, such as passwords and credit card numbers.		
Trolling	When someone posts or comments online to deliberately upset others.		

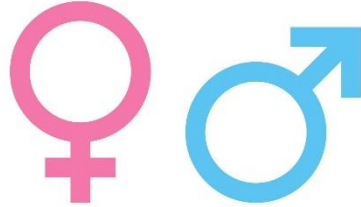
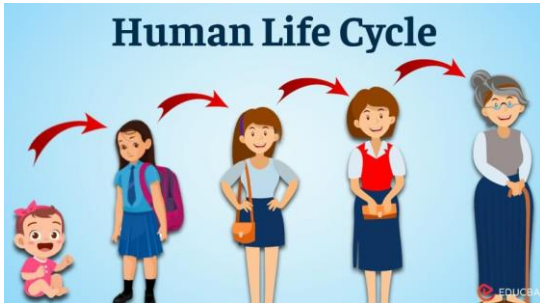
Year 5 : Knowledge Mat -How can we help in an accident or emergency?

Key Vocabulary		Images	Core Knowledge
Allergy	An allergy is a reaction your body has to a particular food or substance.	    	➤ I know how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions ➤ I know that if someone has experienced a head injury, they should not be moved ➤ I know when it is appropriate to use first aid and the importance of seeking adult help ➤ I know how to make an emergency call ➤ I know the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services
Injury	The harm caused to the body or mind by an experience.		
Choking	The body's response to a blockage of the airway		
Emergency services	The public organisations that respond to and deal with emergencies when they occur, especially the ambulance service, the police, and the fire brigade		
First Aid	The initial help given to a sick or injured person until full medical treatment is available.		
Asthma	A common lung condition that causes occasional breathing problems		
Clear information	Facts which are easily understood.		
ABC	ABC stands for Airway, Breathing, and Circulation. This means ensuring that the airway is clear, checking to see if the patient is breathing and observing the circulation (pulse or observation of colour and temperature of hands or fingers)		

Year 5 : Knowledge Mat- How are drugs common to everyday life affect health?

Key Vocabulary		Images	Core Knowledge
Drug	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.		➤ I know how drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing ➤ I know the difference between a drug and a medicine ➤ I know that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal ➤ I know how laws surrounding the use of drugs exist to protect them and others ➤ I know why people choose to use or not use different drugs
Medicine	A drug or other preparation for the treatment or prevention of disease.		
Legal	Within the law, allowed.		
Illegal	Forbidden by the law.		
Health	The state of being free from illness or injury		
Negative effects	Experiences which cause harm, illness or anxiety.		
Benefits	Advantages gained from experiences		

Year 5: Knowledge Mat - Life Cycles

Key Vocabulary		Images	Core Knowledge
Love	A feeling of strong affection, care and attachment towards another person or thing.	 	➤ I know how to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety NSPCC- PANTS ➤ I know how babies are conceived and born and how they need to be cared for ➤ I know that there are ways to prevent a baby being made
Consent	Voluntary agreement or approval for something to happen.		
Intercourse	A physical sexual activity.		
Sex	Biological traits that distinguish males and females.		
Conception	The start of a pregnancy.		
Birth	A baby or animal coming out of its mother's body to begin life.		
Life Cycle	Developmental changes from birth to death.		
Puberty	Biological process in which a child matures into an adult.		
Menstruation	A normal monthly process where the inner lining of the uterus sheds.		