

Personal Social Health Economics

Year 5 Knowledge Organiser



Great Moor Junior School
"Learning Together"
Respect, Kindness, Tolerance, Responsibility, Co-operation

Living in the Wider World

Rules, Rights & Responsibilities

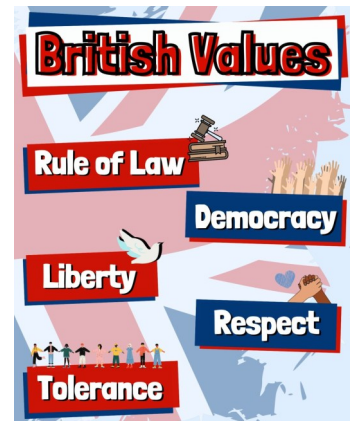
- We all have **rights and responsibilities** at school, home, and in the wider world.
- Rules and laws are there to **protect people** and help society work fairly.
- You have a voice – speaking up respectfully can help make **positive changes**.

Money and Economic Understanding

- It's important to understand the difference between **needs and wants**.
- People have to make choices about **how to spend and save money**.
- Some things are **worth saving for**, and it's okay not to buy something straight away.

Community and Participation

- A community works best when people **listen to, include, and respect** each other.
- Taking part in events or helping out can make a **big difference**.
- Everyone can play a part in making their school or local area a **better place**.



Relationships

Families and Different Relationships

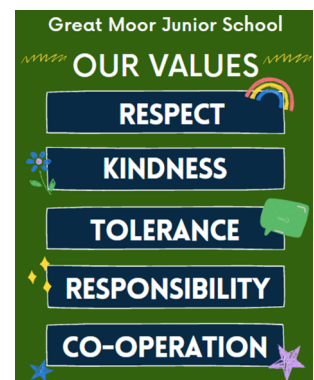
- Families may look different but should always make people feel **safe, respected, and cared for**.
- Sometimes family life changes – it's okay to feel **emotional or confused** and to ask for support.

Friendships and Respectful Relationships

- Healthy friendships involve **kindness, honesty, and support**.
- You can disagree respectfully and still be friends.
- It's okay to **step away from friendships** that feel unkind or pressured.

Safe Relationships

- **Consent** means asking and giving permission – and you can always change your mind.
- You have a right to **privacy and personal boundaries**.
- If someone breaks your boundaries or makes you feel unsafe, you should **tell an adult you trust**.



Health and Wellbeing

Mental Health and Emotional Wellbeing

- It's normal to feel **worried, sad, or angry** sometimes.
- There are **healthy ways** to manage emotions – like talking, breathing, moving, or resting.
- You should ask for help when you feel **stuck or overwhelmed**.

Physical Health and Lifestyle

- Some substances (like alcohol, cigarettes, or vapes) can be **dangerous or addictive**.
- **Food, exercise, sleep, and screen time** all affect how your body and brain feel.
- It's important to **assess risk** in new situations.
- Peer pressure can influence habits – it's okay to make your **own decisions**.
- **Puberty** is when your body starts to change as you grow into a teenager.
- This might include **hair growth, mood swings, spots**, and for some, **periods**.
- Everyone goes through it differently – it's normal, and support is available.



Living in the Wider World

Community	Groups of people with common interests. We all belong to several communities such as our street, town, county, country or the world. We also have religious communities such as Christians or Muslims.
Bias	Bias means having a favourite or unfair opinion about something or someone without giving it a fair chance.

Relationships

Toxic friendships	When someone who says they're your friend often makes you feel sad, left out, or not good enough.
Sexism	When someone is treated unfairly or unkindly just because they are a girl or a boy.
Racism	When a person is treated differently because of their skin colour or ethnicity (their religion, language or culture)
Homophobia	When someone is unkind or unfair to a person because they love or like someone of the same gender.

Health and Wellbeing

Mental Health	A person's condition with regard to their psychological and emotional well-being.
Body image	How you think and feel about the way your body looks and moves.
Resilience	Bouncing back when something goes wrong.
Nicotine	A drug found in cigarettes and vapes that can make people feel addicted and harm
Drugs	A substance that affects and changes the way your body normally works.

Jack's Toolbox

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
• Active mile • Go Noodle • Talking it out • Brain break • Lion's breath breathing	• Box breathing • Visual timer • make a plan • use Secrets of success • use talk partner • Quiet zone to work	• Worry box or time to talk • talk it out • Positive talk • Breaking tasks down	• Bubble breathing • Quiet time • Sensory room • Calm down fidget • talking it out