

Key Learning in PSHE: Years 5 and 6

Understanding Self and Others	Working With Others	Speaking and Listening	Negotiation	Compassion and Empathy	Body Language - Verbal and Non-Verbal
<ul style="list-style-type: none"> Recognise their own and other people's personality traits, individual preferences and characteristics. Recognise challenging behaviours and the negative effects these can have on relationships. 	<ul style="list-style-type: none"> Know that different people react in different ways when working in a group. Demonstrate their knowledge of group dynamics. 	<ul style="list-style-type: none"> Demonstrate speaking and listening skills. Consider how they respond to challenging circumstances e.g. conflict and violence. Demonstrate strategies for calmness. 	<ul style="list-style-type: none"> Recognise the importance of skills and how different people bring different skills to tasks. Demonstrate negotiation and compromise. 	<ul style="list-style-type: none"> Demonstrate respectful interactions with others. 	<ul style="list-style-type: none"> Recognise more complex body language and non-verbal signals. Understand that sometimes non-verbal signals can be misinterpreted by others and develop strategies for dealing with this. Demonstrate speaking and listening skills.
Assertiveness	Making Choices	Risk Taking	Influences	Making Decisions	
<ul style="list-style-type: none"> Further understand the skill of being assertive. Speak using the assertive 'I'. Know that it is OK to make mistakes. Say 'No' and mean it. Know where to go for help. 	<ul style="list-style-type: none"> Recognise choices and decisions they will have to make in the future. Identify ways of helping and supporting friends under pressure. 	<ul style="list-style-type: none"> Know ways of coping in difficult situations. Appreciate the importance of taking responsibility. Justify personal opinions confidently. Be able to identify risky situations. Calculate risk. Recognise risk in different situations and make judgements about how to respond in order to keep safe. Develop a positive approach towards personal safety and risk taking. 	<ul style="list-style-type: none"> Recognise peer influence. Understand ways in which peer influence can have positive and negative outcomes. Develop strategies for resisting negative peer influence. 	<ul style="list-style-type: none"> Know the process for making a decision. Demonstrate the use of the process. 	