Year 5
Personal Development, Wellbeing and Safeguarding in our curriculum

Character Development Year 5: Deepening Self-Awareness & Responsibility

Focus: Leadership, independence, and deeper empathy

- Leading class responsibilities (e.g., buddy system, eco monitor)
- Managing peer disagreements independently and maturely
- Empathy through perspective-taking activities
- Setting long-term goals and creating action plans
- Understanding global citizenship and social issues
- Exploring identity and personal values
- Building confidence to challenge peer pressure
- Practising gratitude, humility, and mindful habits
- Reflecting regularly on growth and challenges
- Volunteering time or effort for school/community causes

Community Links; Black Country Foodbank

- Harvest festival food collection and make autumnal crafts to be donated
- Food collection to make food hampers for the 6 weeks holiday

Computing

- Understanding what a device can do when it is connected to the internet.
- Learning what personal data is and recognising online strangers.
- Understanding who to trust online and why.
- Knowing what to do if something upsets them online.

PSHE

- Communicate and respond appropriately to feelings in self and others.
- Listen respectfully and articulate opinions in discussions.
- Recognise and respect similarities and differences among individuals.
- Apply negotiation and compromise to resolve conflicts and support others.
- Understand confidentiality, when to maintain or break it, and how to report concerns.
- Identify appropriate and inappropriate touch and respond sensitively to others' feelings.
- Understand wellbeing, health issues in media, and their effects on lifestyle and emotions.
- Describe roles and responsibilities in upholding human rights and know how to seek help.
- Explain the value of community involvement and voluntary groups.
- Recognise and manage a range of emotions, including complex feelings, and know where to find support.
- Cope with change, loss, and grief through expressing feelings and accessing help.
- Identify physical and emotional changes during puberty using correct terminology.
- Understand personal hygiene, substance risks, and infection prevention.
- Demonstrate emergency response skills, including how to get help and identify risks.
- Apply strategies for online safety, digital footprint awareness, and responsible sharing.
- Recognise antisocial behaviour and know how to access support.
- Understand basic financial concepts impacting wellbeing and decision-making.
- Critically assess media messages and recognise risks of accepting information uncritically.

Teaching opportunities include:

Assemblies, Police led assemblies, Safeguarding Ambassadors, Junior leadership Team, Anti Bullying Week, Mental Health Week, Peace Makers, Mindfulness activities

Promoting Future Aspirations ***Year 5: Developing Ambition and Goal-Setting*** *Focus: Critical thinking, self-direction, and planning ahead*

- **Create a Vision Board -** linking dreams, values, and next steps
- **Use online career quizzes or videos** (age-appropriate)
- **Explore inspirational figures** who overcame adversity

Science

- Follow safety rules when using equipment to protect self and others.
- Handle tools and materials responsibly during investigations.
- Work respectfully with peers, promoting teamwork and inclusion.
- Understand how forces like resistance impact safety in real life.
- Show resilience and confidence through practical challenges.
- Recognise how simple machines support safety and wellbeing.
- Respect all life when learning about reproduction and growth.
- Discuss puberty and human development with sensitivity.
- Appreciate differences in life cycles with empathy.
- Reflect on changes across life stages to support self-awareness.
- Explore space to inspire awe and personal reflection.
- Understand how science explains our place in the world.
- Recognise human impact on the environment and act responsibly.
- Use materials safely and understand risks of harmful substances.
- Apply knowledge of materials to improve safety and comfort.
- Classify organisms to support health and environmental care.
- Present ideas confidently in a safe, respectful environment.
- Learn from scientists who promote care for people and nature.
- Use life science to build empathy and global understanding.

Votes for Schools: a weekly programme that gives pupils the chance to explore current issues, discuss them in class, and cast a vote on a key question. It develops critical thinking, respectful debate, and oracy skills, while supporting PSHE, SMSC, and British Values.

RE

- Recognise that special places like temples offer calm, respectful spaces that support safety and peace.
- Develop respectful understanding of diverse beliefs and practices to promote tolerance and inclusion.
- Understand everyone's right to feel safe and respected when sharing beliefs or visiting sacred spaces.
- Explore how reflection and meditation support emotional regulation and wellbeing.
- Express personal feelings when learning about religious stories, building self-awareness.
- Link values like kindness, generosity, and patience to behaviour and emotional health.
- Participate safely and respectfully in role-play and discussion, developing empathy.
- Engage with stories and traditions that promote compassion and moral responsibility.
- Explore right and wrong through religious and moral teachings.
- Identify similarities and differences with others to support belonging and social wellbeing.
- Reflect on themes like ageing, illness, and kindness in a safe, supportive environment.
- Learn about festivals that promote community, generosity, and emotional wellbeing.
- Explore qualities like compassion and fairness through religious concepts such as saviours.
- Understand how hope, peace, and forgiveness support emotional resilience.
- Share personal views respectfully, promoting safe and inclusive dialogue.
- Reflect on values like justice and humility to support responsible decision-making.
- Collaborate in activities that build communication and emotional literacy.
- Respond to belief differences with curiosity, not judgement, fostering inclusion.
- Recognise how truth, fairness, and respect shape respectful expression of opinions.
- Understand how religious narratives shape identity, belonging, and wellbeing.
- Reflect on personal values and actions, supporting ethical and emotional growth.

Underpinning Themes Year 5

Honesty: Be truthful in more complex situations and understand the impact of honesty on relationships and resolving conflicts.
Respect: Demonstrate self-respect, acknowledge boundaries, and encourage others to do the same as this can benefit mutual respect.
Kindness: Be consistently kind, taking responsibility for spreading positive energy, and standing up for others in need.
Cooperation: Take on leadership roles within groups, encourage others to cooperate, and manage conflicts in a positive way.
Responsibility: Take ownership of larger roles and tasks, both in school and at home. Reflect on mistakes and learning from them and understand the importance of self-discipline.
Community: Contribute to decisions that affect the class and school, understanding that everyone's voice matters for the community to thrive.
Resilience: Accept failures are a part of learning and use this experience to resolve issues positively both for ourselves and others.
Aspiration: Take proactive steps to achieve more challenging goals. Set higher standards for ourselves in various aspects of school life. Learn how to stay focused and overcome setbacks.
Adaptability: Embrace new challenges, demonstrate problem-solving skills, and support others in adapting to changes.