

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