

# Sticky Knowledge – PSHE

## Class – Maples

### Year 5



## TEAM

### Autumn 1

- What makes a good team?
- How can behaviour be hurtful and how can we help?
- What are shared responsibilities and why are they important in the classroom?

## Think Positive

### Autumn 2

- Can you explain the impact of positive thinking on your mental health and wellbeing?
- What strategies and behaviours can support your mental health and wellbeing?

## Diverse Britain

### Spring 1

- What is diversity?
- What is democracy and what does it look like in Britain?
- What is discrimination and prejudice?

## Be Yourself

### Spring 2

- How can you manage your thoughts and feelings, especially negative ones?
- If you make a mistake, how can you make amends?

## It's My Body

### Summer 1

- What is consent and why is it important?
- Can you name some ways in which you should take care of your body?
- Can you name some things which could be harmful to you and your body?

## Aiming High

### Summer 2

- What skills, strengths and attributes do you have which make you successful?
- What are stereotypes and how should we challenge them?