

Living in the Wider World



Year 5 PSHE Knowledge Organiser

Relationships

Health and Wellbeing

Law and Order

Democracy is a system put in place to allow everyone their say in decisions which may have an impact on them.

Monarchy is where a country is ruled by a king or queen. Nowadays, in most countries, the monarch does not have political power.

Anarchy is the absence of a government or authority. This can lead to a state of disorder.

Dictatorship means when a country is ruled by a sole leader who has absolute power. Citizens do not have a voice.

Equal rights means that everyone needs to be treated equally by law.

Community and Diversity

Diversity in a society is a variety of cultures, nationalities and religions living and working together.

There are numerous benefits to living in a diverse community which should be celebrated.

Resilience and Courage

Resilience is the ability to keep going even when things become difficult.

Courage is being strong even when you are scared or upset.

There are times in life when you will need resilience and courage to manage change in emotions and to deal with negative pressures (for example, death, loss and grief).

Peer pressure is the direct or indirect influence from people of the same age. Showing resilience will help you to withstand this.

Communication

- There are many forms of communication, including face-to-face and online.
- Listening is an important aspect of communication.
- It is important to know and understand what is appropriate physical contact.
- Collaboration skills are very important to support teamwork. You will need these skills in many situations throughout life.
- Teamwork involves many different roles to be effective.
- Some information can be shared with others, but some information needs to be kept confidential.

Online Relationships

- Online relationships and face-to-face relationships should follow the same principles including showing respect.
- Any online relationships need to be carefully considered for reliability and trustworthiness.



Physical, Emotional and Mental Health

- A healthy lifestyle is achieved through positive physical, emotional and mental health.
- As you grow older, you will need to be aware of what a balanced and nutritious diet is.
- To know the physical and emotional changes that occur during puberty.



Key Vocabulary

Government, democracy, monarchy, anarchy, dictatorship, diversity, resilience, courage, collaboration, nutritious, puberty, peer-pressure