

# SMSC Key Skills

## Year 5

<b>Personal Skills</b>	To celebrate my success without boasting or making other's feel bad
	To try to understand why people might behave the way they do when they are facing a difficult change
	To set myself goals and work towards them
	To recognise when I am beginning to be overwhelmed by my feelings and can use a calming-down strategy
<b>Social Skills</b>	To know that some relationships are healthy and do me good where others are not good for me
	To use my ability to see things from the other point of view to make a conflict situation better
	To understand other's feelings by putting myself in their shoes
	To listen to people when they don't agree with me and think about what they have said
<b>Becoming a British citizen</b>	To develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax'
	To understand the need for rules in society and why we have the rules we do in school
	To feel confident to speak out appropriately if I feel something is unjust
<b>Health and wellbeing</b>	To understand the term emotional wellbeing and ways to promote it
	To know about some different types of drugs and their effects on the body
	To know how diet and exercise are important for a healthy lifestyle
	To understand a range of behaviours that can be classed as bullying and how they would make someone feel
<b>Multicultural Britain</b>	To recognise examples of prejudice, stereotyping or discrimination from their own experience or beyond
	To know that different things contribute to our identity, including our membership of different groups
	To recognise diversity in my own community and know some of the groups from which it is formed
	To demonstrate respect for difference and communicate this to others
	To be aware of examples (historically or geographically) of discrimination explain why this is wrong
	To know that some historical or cultural groups can be misrepresented
<b>Independent Learning</b>	To try again even if I have been unsuccessful
	To know when to ask for help and when I am able to help myself using resources at my disposal