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| **Knowledge Organiser – Year 5 – PSHE/RSE**  |
| **– Health and Wellbeing – What makes up our identity?**– Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes |
| **What do I already know?** |   |
| * How to recognise personal qualities and individuality
* To develop self-worth by identifying positive things about myself and my achievements
* How my personal attributes, strengths, skills and interest contribute to my self-esteem
* How to set goals for myself
* How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking
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| **What should I be able to do at the end of the topic?** |
| * how to recognise and respect similarities and differences between people and what I have in common with others
* that there are a range of factors that contribute to a person’s identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)
* how individuality and personal qualities make up someone’s identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)
* about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others
* how to challenge stereotypes and assumptions about others
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| **Key Vocabulary** |