



I Can Statement

Subject: PSHE

Year: 5

Unit: Mental Wellbeing	Term: Autumn 1	Pre-taught Key Vocabulary	
Topic Overview:			
This half term you will have a lot of new experiences as you begin Robert Bloomfield Academy. These lessons will help you manage your emotions and learn how to get the most out of the opportunities around you. These lessons will also help you understand how to make good choices for yourself and give you ideas to use when things get tricky. Remember, your form tutor is always on hand to help you 😊		Class charter	Emotions
		Growth mindset	Wellbeing
		Fixed mindset	Perseverance
		Resilience	Optimism
		Mental health	Confidence

RAG Rating:		Start	End	Teacher
1.	I can express my views on topical issues and listen respectfully to others			
2.	I can identify a range of rules, explaining why they are in place			
3.	I can identify things that make me who I am			
4.	I can explain what a Growth Mindset is and how it can be helpful			
5.	I can see the link between physical and mental health			
6.	I can describe safe and unsafe choices for mental health			
7.	I can spot when I, or someone else, might need help with their physical or mental health and know who to ask for it			
8.	I can describe ways to be healthy			
9.	I can suggest ways to help me feel more confident			
10.	I can explain ways to manage setbacks and think of different ways around tricky situations			