

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Being Me in My World:</p> <ol style="list-style-type: none"> 1. Special and Safe. 2. My Class. 3. Rights and Responsibilities. 4. Rewards and Feeling Proud. 5. Consequences. 6. Owing our Learning. <p>I... statements: I feel special and safe in my class. I know that I belong to my class. I know how to make my class a safe place for everybody to learn. I can recognise how it feels to be proud of an achievement. I can recognise the range of feeling I might face at certain consequences.</p>	<p>Celebrating Difference:</p> <ol style="list-style-type: none"> 1. How we are similar 2. How we are different. 3. What is “bullying”. 4. What do I do about bullying? 5. Making new friends. 6. Celebrating difference. <p>I... statements: I know how my friends and I are similar. I know how my friends and I are different. I understand how being bullied might feel. I can be kind to children who are bullied. I know how it feels to make a new friend. I know how we are all unique.</p>	<p>Dreams and Goals:</p> <ol style="list-style-type: none"> 1. My treasure chest of success. 2. Steps to goals. 3. Achieving together. 4. Stretchy learning. 5. Overcoming obstacles. 6. Celebrating success. <p>I... statements: I can set simple goals. I can tell you how I learn best. I understand how to work well with others. I can identify how I feel when I am facing a new challenge. I know how to feels to overcome a challenge. I know how to store the feelings of success.</p>	<p>Healthy Me:</p> <ol style="list-style-type: none"> 1. Being healthy. 2. Healthy choice. 3. Clean and healthy. 4. Medicine safety. 5. Road safety. 6. Happy healthy me. <p>I... statements: I understand the difference between healthy and unhealthy. I know how to make healthy life choices. I know how to keep myself clean and unhealthy. I understand that medicines can help me if I feel poorly and I know how to use them safely. I know how to keep safe around roads. I recognise how being healthy helps me to feel happy.</p>	<p>Relationships:</p> <ol style="list-style-type: none"> 1. Families. 2. Making friends. 3. Greetings. 4. People who helps us. 5. Being my own best friend <p>I... statements: I understand different family structures. I know how to make new friends. I know what kinds of physical contact are appropriate. I know when I might need help and who can help me. I can recognise my qualities as a person and a friend. I can express how I feel about others and appreciate my friends.</p>	<p>Changing Me:</p> <ol style="list-style-type: none"> 1. Life Cycles. 2. Changing me. 3. My changing body. 4. Boys’ and Girls’ bodies. 5. Learning and growing. 6. Coping with changes. <p>I... statements: I understand the life cycles of humans and animals. I can name things that have changed and things that have stayed the same. I understand that growing up is natural. I respect my body and understand which parts are private. I understand that learning changes me. I know how to cope with changes.</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	<p>Being Me in My World:</p> <ol style="list-style-type: none"> Hopes and Fears Rights and Responsibilities. Rewards and Consequences. Rewards and Consequences. Our Learning Owning our learning. <p>I...statements: I can identify some hopes and fears. I understand my rights and responsibilities. I can help to make my class a safe and fair place. I can listen to other people. I can work cooperatively. I understand how I am responsible for my learning.</p>	<p>Celebrating Difference:</p> <ol style="list-style-type: none"> Boys and girls. Boys and girls. Why does bullying happen? Standing up for myself and others. Making a new friend. Celebrating different friends. <p>I... statements: I know that people make assumptions about boys and girls. I accept that there are some ways boys and girls are different. I understand that bullying can be about difference. I know what is right and wrong and how to look after myself. I know some ways to make new friends. I can tell you some ways I am different from my friends.</p>	<p>Dreams and Goals:</p> <ol style="list-style-type: none"> Goals to success My learning strengths. Learning with others. The challenge of groups Cont. the group challenge. Celebrating our achievement. <p>I...statements: I can set realistic goals. I know my strengths. I can recognise that some people are easier for me to work with than others. I can work cooperatively within a group. I can express how it felt to work as a group. I know how to share my success with other people.</p>	<p>Healthy Me:</p> <ol style="list-style-type: none"> Being healthy. Being relaxed. Medicine safety. Healthy eating. Healthy eating. The healthy me. <p>I... statements: I know what I need to keep my body healthy. I can tell you when a feeling is weak or strong. I feel positive about caring for my body. I have a healthy relationship with food. I can determine what foods give me nutrients. I can explain which foods are good for my body and how.</p>	<p>Relationships:</p> <ol style="list-style-type: none"> Families. Keeping safe Friends and conflict. Secrets. Trust and appreciation. Celebrating my relationships. <p>I... statements: I accept that everyone’s family is different. I know which types of physical contact I like and don’t like. I can identify some of the things that cause conflict with my friends. I understand sometimes it is good to keep a secret and sometimes it is not. I understand how it feels to trust someone. I can express my appreciation for special people.</p>	<p>Changing Me:</p> <ol style="list-style-type: none"> Life cycles in nature. Growing from young to old. The changing me Boys’ and girls’ bodies. Assertiveness Looking ahead. <p>I... statements: I can recognise cycles of life in nature. I can identify people I respect who are older than me. I feel proud about becoming more independent. I can tell you what I like and don’t like about being a boy/girl. I am confident to say what I like and don’t like. I can identify what I am looking forward to in year 3.</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Being Me in My World:</p> <ol style="list-style-type: none"> 1. Getting to know each other 2. Our nightmare school. 3. Our dream school. 4. Rewards and consequences. 5. Our learning 6. Owing our learning. <p>I... statements:</p> <p>I value myself and know how to make someone else feel valued.</p> <p>I recognise my emotions and see them in others.</p> <p>I know how to make others feel valued.</p> <p>I understand that my behaviour brings rewards and consequences.</p> <p>I can work cooperatively in a group.</p> <p>I am choosing to work hard to learn.</p>	<p>Celebrating Difference:</p> <ol style="list-style-type: none"> 1. Families 2. Family conflict. 3. Witness and feelings. 4. Witness and solutions. 5. Words that harm. 6. Celebrating difference and compliments. <p>I... statements:</p> <p>I appreciate the people who care for me.</p> <p>I know how to calm myself down.</p> <p>I know what it means to be a witness to bullying.</p> <p>I can problem solve a bullying situation.</p> <p>I will try hard to not use hurtful words.</p> <p>I can give and receive compliments.</p>	<p>Dreams and Goals:</p> <ol style="list-style-type: none"> 1. Dreams and goals. 2. My dreams and ambitions. 3. A new challenge. 4. Our new challenge 5. Overcoming obstacles. 6. Celebrating my learning. <p>I.. statements:</p> <p>I can tell you about a person who has faced difficult challenges.</p> <p>I can imagine how I feel when I achieve my dreams.</p> <p>I can break down goals into a number of steps.</p> <p>I know that I am responsible for my own learning.</p> <p>I can manage the feelings of frustrations that arise from obstacles.</p> <p>I can evaluate my own learning process.</p>	<p>Healthy Me:</p> <ol style="list-style-type: none"> 1. Being fit and healthy. 2. Being fit and healthy. 3. What do I know about drugs? 4. Being safe. 5. Being safe at home 6. My amazing body. <p>I... statements:</p> <p>I understand how exercise affects my body.</p> <p>I can set myself fitness challenges.</p> <p>I can tell you my knowledge and attitude towards drugs.</p> <p>I can express how being anxious or scared feels.</p> <p>I understand that some household items are dangerous.</p> <p>I respect my body and appreciate what it does for me.</p>	<p>Relationships:</p> <ol style="list-style-type: none"> 1. Family roles. 2. Friendship. 3. Keeping myself safe. 4. Being a global citizen. 5. Being a global citizen. 6. Celebrating my relationships. <p>I...statements:</p> <p>I can describe how taking some responsibility in my family makes me feel.</p> <p>I know how to negotiate in situations.</p> <p>I know how to ask for help if I am worried.</p> <p>I can explain how some of my actions can affect other people.</p> <p>I can empathise with children whose lives are different to mine.</p> <p>I enjoy being a part of different groups.</p>	<p>Changing Me:</p> <ol style="list-style-type: none"> 1. How babies grow 2. Babies 3. Outside body changes 4. Inside body changes 5. Family stereotypes 6. Looking ahead. <p>I...statements:</p> <p>I understand that it is normally the female who has the baby.</p> <p>I understand what a baby needs to live and grow.</p> <p>I can identify how boys' and girls' bodies change on the outside.</p> <p>I can identify how boys' and girls' bodies change on the inside.</p> <p>I can challenge stereotypical ideas of parental roles.</p> <p>I can identify what I am looking forward to in year 4.</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	<p>Being Me in My World:</p> <ol style="list-style-type: none"> Becoming a team. Being a school member Rights, responsibilities and democracy. Rewards and consequences Our learning Owning our learning. <p>I... statements: I know how good it feels to be included. I can take on a role within a group to contribute to an overall outcome. I understand how democracy works through the school council. I understand how rewards and consequences motivate people's behaviour. I understand how democracy helps us.</p>	<p>Celebrating Difference:</p> <ol style="list-style-type: none"> Judging by appearances. Understanding influences. Understanding bullying. Problem-solving. Special me. Celebrating how we look. <p>I... statements: I try to accept people for who they are. I can question why I think what I do about other people. I know how it might feel to be a witness to and a target of bullying. I can problem-solve a bullying situation. I like and respect my unique physical features. I can explain why it is good to accept people for who they are.</p>	<p>Dreams and Goals:</p> <ol style="list-style-type: none"> Hopes and dreams. Broken dreams. Overcoming disappointment. Creating new dreams. Achieving goals. We did it! <p>I...statements: I know how it feels to have hopes and dreams. I understand that sometimes dreams do not come true and that it can hurt. I know how to cope with disappointment and how to help others cope too. I know what it means to be resilient and to have a positive attitude. I enjoy being a part of a group challenge. I know how to share success.</p>	<p>Healthy Me:</p> <ol style="list-style-type: none"> My friends and me. Group dynamics Smoking Alcohol Healthy friendships Celebrating my inner strength and assertiveness. <p>I... statements: I can see how different friendship groups are formed. I know how different people impact me. I understand the facts about the health impacts of smoking. I understand the facts about the health impacts of alcohol. I can identify feelings of anxiety and fear associated with peer pressure. I know within myself what I value and what I feel is right and wrong.</p>	<p>Relationships:</p> <ol style="list-style-type: none"> Relationship web. Love and loss. Memories. Are animals special? Special pets Celebrating my relationships with people and animals. <p>I... statements: I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them. I know how most people feel when they lose someone or something they love. I understand that we can remember people even if we no longer see them. I can express my own opinions. I understand losing things can hurt. I can love and be loved.</p>	<p>Changing Me:</p> <ol style="list-style-type: none"> Unique Me Having a baby Girls and puberty Circles of change. Accepting change. Looking ahead. <p>I... statements: I appreciate that I am a truly unique human. I understand that having a baby is a personal choice. I have strategies that I can use to help me cope with change. I know how the circle of change works and can apply it to changes I want to make in my life. I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively. I can identify what I am looking forward to in year 5.</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<p>Being me in my world:</p> <ol style="list-style-type: none"> 1. My Year Ahead. 2. Being me in Britain. 3. Year 5 responsibilities. 4. Rewards and consequences. 5. Our learning. 6. Owning our learning. <p>I... statements: I can identify my hopes for the school year. I understand my rights and responsibilities as a British Citizen. I can empathise with people in this country whose lives are different to my own. I understand how an individual's behaviour can impact on a group. I understand how democracy and having a voice benefits the school.</p>	<p>Celebrating Difference:</p> <ol style="list-style-type: none"> 1. Different cultures 2. Racism 3. Rumours and name-calling. 4. Types of bullying. 5. Does money matter 6. Celebrating difference. <p>I... statements: I am aware of my own culture. I understand what racism is. I understand how rumour-spreading and name-calling can be bullying behaviours. I can explain the difference between direct and indirect types of bullying. I can compare my life with people in the developing world. I can enjoy the experience of a culture other than my own.</p>	<p>Dreams and Goals:</p> <ol style="list-style-type: none"> 1. When I grow up. 2. Investigate jobs and careers. 3. My dream job. 4. Young people in other cultures. 5. How we can support each other. 6. Rallying support. <p>I... statements: I understand the function of money within society. I appreciate the contributions made by people in different jobs. I can identify a job I would like to do. I understand that different people have different aspirations. I know how we can work in mutually beneficial ways. I understand why I am motivated to make a positive contribution to supporting others.</p>	<p>Healthy Me:</p> <ol style="list-style-type: none"> 1. Smoking 2. Alcohol 3. Emergency Aid 4. Body Image 5. My relationship with food. 6. Healthy me <p>I... statements: I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations I understand how the media and celebrity culture promotes certain body types. I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.</p>	<p>Relationships:</p> <ol style="list-style-type: none"> 1. Recognising me 2. Getting on and falling out. 3. Girlfriends and boyfriends. 4. Girlfriends and boyfriends. 5. Relationships and technology 6. Relationships and technology. <p>I... statements: I know how to keep building my self-esteem. I know how to stand up for myself. I understand that relationships are personal. I can recognise the feeling of jealousy and where it comes from. I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others.</p>	<p>Changing Me:</p> <ol style="list-style-type: none"> 1. Body Image 2. Puberty for girls. 3. Puberty for boys. 4. Conception 5. Looking ahead. 6. Looking ahead to year 6. <p>I... statements: I know how to develop my self-esteem. I understand that puberty is a natural process that happens to everybody and that it will be ok for me. I can express how I feel about the changes that will happen to me during puberty. I appreciate how amazing it is that human bodies can reproduce in these ways. I am confident that I can cope with the changes that growing up will bring. I can start to think about changes I will make when I am in Year 6 and know how to go about this.</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	<p>Being Me in My World:</p> <ol style="list-style-type: none"> 1. My year ahead 2. Being a global citizen 1 3. Being a global citizen 2 4. The learning charter 5. Consequences 6. Owing our learning. <p>I... statements:</p> <p>I am able to talk about my goals for the year.</p> <p>I understand that there are universal rights.</p> <p>I understand that my actions affect other people globally.</p> <p>I know how to make choices about my own behaviour.</p> <p>I understand how one person's actions can affect the whole group.</p> <p>I know how democracy is beneficial</p>	<p>Celebrating Difference:</p> <ol style="list-style-type: none"> 1. Am I Normal? 2. Understanding disability. 3. Power Struggles 4. Why Bully? 5. Celebrating difference. 6. Celebrating difference. <p>I... statements:</p> <p>I understand that there are different perceptions of normal.</p> <p>I can talk about the ways that a disability could affect someone's life.</p> <p>I know how it feels to be excluded.</p> <p>I know some of the reasons why people use bullying behaviours.</p> <p>I appreciate people for who they are.</p> <p>I know how to show empathy for others.</p>	<p>Dreams and Goals:</p> <ol style="list-style-type: none"> 1. Personal Learning Goals. 2. Steps to success. 3. My dream for the world. 4. Helping to make a difference. 5. Helping to make a difference. 6. Recognising our achievements. <p>I... statements:</p> <p>I know my strengths.</p> <p>I know the steps I need to take for success.</p> <p>I am able to identify the problems in the world that concern me.</p> <p>I can work with other people to help make the world a better place.</p> <p>I know what motivates me.</p> <p>I know how to give and receive thoughtful praise.</p>	<p>Healthy Me:</p> <ol style="list-style-type: none"> 1. Food 2. Drugs 3. Alcohol 4. Emergency Aid. 5. Emotional and Mental Health. 6. Managing Stress. <p>I... statements:</p> <p>I know the impact of food on my body.</p> <p>I know about different drugs and their affects.</p> <p>I can identify responsible and irresponsible use of alcohol.</p> <p>I know how to keep myself safe.</p> <p>I know how to keep myself mentally healthy.</p> <p>I have different strategies that I can use to manage stress and pressure.</p>	<p>Relationships:</p> <ol style="list-style-type: none"> 1. My relationship web. 2. Love and loss 1 3. Love and loss 2 4. Power and Control 5. Being Safe with Tech 1 6. Being safe with Tech 2. <p>I... statements:</p> <p>I am able to identify significant people in my life.</p> <p>I know some of the feels I might experience when someone dies.</p> <p>I understand the different stages of grief.</p> <p>I can recognise when people are trying to gain power and control.</p> <p>I take responsibility for my own safety.</p> <p>I use technology safely and know the ways to stay safe on the internet.</p>	<p>Changing Me:</p> <ol style="list-style-type: none"> 1. Self and body image 2. Puberty 3. Girl/Boy Talk 4. Babies and conception 5. Attraction 6. Transition to secondary school. <p>I... statements:</p> <p>I know how to develop my own self esteem.</p> <p>I know the changes that I will experience as I grow older.</p> <p>I feel comfortable asking questions about puberty.</p> <p>I know how a baby develops from conception through to puberty.</p> <p>I understand how being physically attracted to someone changes the nature of the relationship</p> <p>I can identify what I am looking forward to and what worries me about the transition to secondary school.</p>

