|  | **Being Me in my World** | **Celebrating Differences** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing me** |
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| Reception | To have an understanding of who I am as an individual and how I fit in to my class/school/ society | To have respect for similarity and difference. To have explored Anti-bullying issues and welcome being unique | To suggest some aspirations, discuss how to achieve goals and understanding the emotions that go with this | To suggest some ways in which we can keep ourselves safe and healthy and know why it is important | To begin to build positive, healthy relationships | To know that they will grow taller and other body changes take place e.g. length of nails. To know that this is O.K. |
| Year 1 | To understand the rights and responsibilities we have as a member of our class  To recognise that choices made will have consequences (good/bad) | To be able to identify similarities and differences between themselves and peers with tolerance  To have an understanding of who to speak to in circumstances of bullying and how to make friends | To set a simple personal goal, suggest steps to achieve it, suggest obstacles that might need to be overcome and to celebrate when the goal is achieved. | To know the difference between being healthy and unhealthy and how to make healthy choices including food, exercise, sleep and hygiene. | To identify members of own family and have an awareness and tolerance of different types of families  To know what a good friend might mean, how to greet friends in an appropriate way for myself and for them e.g. verbally/physically. | To start to understand the life cycle of some animals.  To identify body changes that have occurred and see it in a positive way e.g. getting taller.  To name parts of the male and female body. |
| Year 2 | To contribute to and listen to others as class rewards and consequences are discussed.  To recognise the choices made will have consequences | To understand that people may make assumptions regarding boy/girl stereotypes.  To understand that bullying is sometimes about an intolerance of difference | To choose a realistic goal and persevere despite challenges faced  To know which children they work well with and be able to work within a team to create an end product | To be able to describe what being ‘relaxed’ means and suggest some ways that may help them feel relaxed.  To understand that medicines help our bodies when used safely | To understand why it is important to share and cooperate within a family  To understand that there are lots of types of physical contact that are acceptable within a family but some that is not.  To know what types of physical contact they are comfortable with and to empower them to tell others when necessary | To be able to describe the natural process of growing from young to old  To know the body part names (revisited) and know that some parts are private |
| Year 3 | To face challenges with positivity  To demonstrate an ability to make responsible choices  To understand that actions may affect others and consider their feelings | To understand that conflict may occur within a family  To understand what being a ‘witness’ to bullying means  To understand that a witness to bullying can choose to help | To be able to identify a dream/ambition important to them  To be able to predict obstacles that may hinder the achievement of a goal and identify steps to overcome them | To develop further understanding of the importance of eating healthily and exercise e.g. know that the amount of sugar and fat consumed affectshealth, know how important lungs and hearts are, | To be able to reflect on the roles and responsibilities within their own households and consider whether they are/should be determined by gender  To be able to put some good friendship skills into practise e.g. taking turns independently, listening to others | To understand that typically the female of a species has babies  To understand that babies develop and grow in the uterus  To understand that a baby begins to grow when sperm meets an egg  To understand ways in which the male and female body changes as children progress through puberty and why the changes are necessary |
| Year 4 | To understand that attitudes and action can have a positive/negative impact when working as a team  To understand how democracy works e.g. school council  To have an understanding of what empathy is | To understand that sometimes people make assumptions about others because of how they look and can understand that this may be a hurtful thing to do when there are negative ideas  To understand that your impression of someone may change once you get to know them  To know that bullying can sometimes be hard to spot and what to do if bullying is suspected | To understand that hopes and dreams may not come true and this may hurt  To understand that focussing on positive experiences can counteract unhappiness  To be able to overcome disappointment and set new goals/aspirations | To understand that within a team, people take on different roles and that this can be beneficial  To know facts about smoking and the impact on health e.g. liver  To know the reasons that people drink alcohol  To recognise when others are outting pressure on them to do something they dont want to and know how to resist | To be able to recognise things that may cause jealousy in friendships  To understand that friendships may change and how to make new friends | To understand that personal characteristics may come from parents due to the joining of sperm and egg  To know the external parts of male and female bodies that are necessary for reproduction  To understand the responsibility that parenthood brings  To understand menstruation and why it occurs |
| Year 5 | To understand rights and responsibilities as a citizen of the U.K., as a member of the community and school  To take responsibility for behavioural choices and link to rewards and consequences  To understand how democracy benefits a school and a society | To understand that cultural differences can sometimes cause conflict  To understand what racism is  To understand that rumour spreading and name calling are bullying behaviours  To be able to compare their lives with those in the developing world  To understand a different culture form their own | To understand that they may need money to achieve certain goals  To have an awareness of different types of jobs and the attached salaries  To identify a job they might like to do and why  To understand that dreams/goals of people from another culture may differ from theirs and why | To be able to describes the risks of smoking and the impact tobacco has on the body  To know that mis-use of alcohol can lead to anti-social behaviour  I know and can put into practise some basic first aid and know how to get help in an emergency  I understand that media and social media promote certain body images  I understand what an eating disorder is and can make the link between that and body image | To have an accurate picture of self  To understand that being part of an online community can have positive and negative consequences  To understand that there are rights and responsibilities when part of an online community and when gaming online  To understand that too much screen time can have a negative impact on self and recognise that ‘cut off’ point | Too be able to explain how the female/male body changes during puberty and how to physically and emotionally look after oneself  To understand that sexual intercourse may lead to conception and that this is how babies are usually made  To have an understanding of IVF and why it might be necessary  Be able to name positive things about teenage years and understand the age of consent for sex, alcohol etc |
| Year 6 | To be able to suggest fears and worries about the future  To know that there are universal rights for children and that these are not always met  To understand how democracy affects a community | To understand that perception of ‘normal’ may be different and that being seen as ‘different may affect someone’s life  To be able to explain some reasons behind bullying behaviour | To be able to link personal strengths when setting personal goals  To identify problems in the world that are concerning and talk to someone about it  To be able to describe ways in which people can make the world a better place | To make choices that benefit health and wellbeing  To know the names of different types of drugs and their effects  To know information about exploitation e.g. making people do things  To have explored attitudes towards mental health | To understand that there are different stages in grief and different types of loss  To be able to judge whether something online is safe and helpful  To be able to use technology safely and positively | Too be able to explain how the female/male body changes during puberty and how to physically and emotionally look after oneself (revisited)  To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend  To know the importance of positive self-esteem |