



St. John's C of E Primary- PSHE and RSE Education.



During Key Stage 1 and 2, PSHE education offers both explicit and implicit opportunities and experiences, which reflect pupils' increasing independence and physical and social awareness as they move through the primary phase. It builds on the skills that pupils begin to acquire during the Early Year Foundation stage (EYFS). They develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils cope with changes at puberty, introduces them to the wider world and enables them to make an active contribution to their communities.

Units	EYFS		Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	LFS	UFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being me in my world	<p>I understand how it feels to belong and that we are similar and different.</p> <p>I understand how feeling happy and sad can be expressed.</p> <p>I can work together and consider other people's feelings.</p> <p>I can use gentle hands and understand that it is good to be kind to people.</p> <p>I am starting to understand children's rights and this means</p>	<p>I understand how it feels to belong and that we are similar and different</p> <p>I can start to recognise and manage my feelings</p> <p>I enjoy working with others to make school a good place to be</p> <p>I enjoy working with others to make school a good place to be</p> <p>I am starting to understand children's rights and this means we should all be allowed to learn and play</p>	<p>I feel special and safe in my class</p> <p>I understand the rights and responsibilities as a member of my class I know that I belong to my class</p> <p>I understand the rights and responsibilities of being a member of my class I know how to make my class a safe place for everybody to learn.</p> <p>I can recognise how it feels to be proud of an achievement.</p> <p>I can recognise the choices I make and understand the consequences I can recognise the range of feelings when I face certain consequences.</p>	<p>I can tell you some things that make my class a safe and fair place.</p> <p>I can say how I feel about my class and why I like it being safe and fair.</p> <p>I can identify some of my hopes and fears for this year.</p> <p>I recognise when I feel worried and know who to ask for help.</p> <p>I understand the rights and responsibilities for being a member of my class and school.</p> <p>I recognise when I feel worried and know who to ask for help.</p> <p>I understand the rights and responsibilities for being a member of my class.</p> <p>I can help to make my class a safe and fair place.</p> <p>I can listen to other people and contribute my own ideas about rewards and consequences.</p>	<p>I can name some of the responsible choices I make in school. I can tell you who I can go to for help if I need it.</p> <p>I can give you some examples of how to work/play well with others.</p> <p>I recognise my worth and can identify positive things about myself and my achievements.</p> <p>I can set personal goals.</p> <p>I value myself and know how to make someone else feel welcome and valued.</p> <p>I can face new challenges positively, make responsible choices and ask for help when I need it.</p> <p>I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions.</p>	<p>I can tell you why my school is a community and some of the different roles people have in it.</p> <p>I can say how it feels to be part of a positive school community and to be listened to.</p> <p>I know my attitudes and actions make a difference to the class team.</p> <p>I know how good it feels to be included in a group and understand how it feels to be excluded I try to make people feel welcome and valued.</p> <p>I understand who is in my school community, the roles they play and how I fit.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p> <p>I understand how democracy works through the school council.</p>	<p>I can give some examples of people in my country who have different lives to mine.</p> <p>I can tell you why being part of a community is positive and why it is important that the community is a fair one.</p> <p>I can face new challenges positively and know how to set personal goals.</p> <p>I know what I value most about my school and can identify my hopes for this school year.</p> <p>I understand my rights and responsibilities as a British citizen.</p> <p>I can empathise with people in this country whose lives are different to my own.</p> <p>I understand my rights and responsibilities as a</p>	<p>I can identify my goals for this year, understand my fears and worries about the future and know how to express them.</p> <p>I feel welcome and valued and know how to make others feel the same.</p> <p>I know that there are universal rights for all children but for many children these rights are not met.</p> <p>I understand my own wants and needs and can compare these with children in different communities.</p> <p>I understand that my actions affect other people locally and globally.</p> <p>I understand my own wants and needs and can compare these with children in different communities.</p> <p>I can make choices about my own behaviour because I</p>

	<p>we should all be allowed to learn and play.</p> <p>I am learning what being responsible means.</p>	<p>I am learning what being responsible means</p>	<p>I understand my rights and responsibilities within our Learning Charter I can understand my choices in following the Learning Charter.</p> <p>I can tell you something positive that I like about being in my class.</p> <p>I can say how I help make my class a happy and safe place.</p>	<p>I can help make my class a safe and fair place.</p> <p>I understand how following the Learning Charter will help me and others learn.</p> <p>I can work cooperatively.</p> <p>I am choosing to follow the Learning Charter.</p>	<p>I understand why rules are needed and how they relate to rights and responsibilities.</p> <p>I know how to make others feel valued.</p> <p>I understand that my actions affect myself and others and I care about other people's feelings.</p> <p>I understand that my behaviour brings rewards/consequences.</p> <p>I can make responsible choices and take action.</p> <p>I can work cooperatively in a group.</p> <p>I understand my actions affect others and try to see things from their points of view.</p> <p>I am choosing to follow the Learning Charter.</p>	<p>I can recognise my contribution to making a Learning Charter for the whole school.</p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.</p> <p>I understand how rewards and consequences motivate people's behaviour.</p> <p>I understand how groups come together to make decisions.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p> <p>I understand how democracy and having a voice benefits the school community.</p> <p>I understand why our school community benefits from a Learning Charter and can help others to follow it.</p>	<p>British citizen and a member of my school.</p> <p>I can empathise with people in this country whose lives are different to my own.</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel.</p> <p>I understand that my actions affect me and others.</p> <p>I understand how an individual's behaviour can impact on a group.</p> <p>I can contribute to the group and understand how we can function best as a whole.</p> <p>I understand how democracy and having a voice benefits the school community.</p> <p>I understand why our school community benefits from a Learning Charter and can help others to follow it.</p>	<p>understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.</p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.</p> <p>understand how an individual's behaviour can impact on a group</p> <p>I can contribute to the group and understand how we can function best as a whole.</p> <p>I understand how democracy and having a voice benefits the school community.</p> <p>I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself.</p>
Celebrating difference	<p>I know how it feels to be proud of something I am good at.</p>	<p>I can identify something I am good at and understand everyone is</p>	<p>I can identify similarities between people in my class I can tell you some ways in which I</p>	<p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).</p>	<p>I understand that everybody's family is different and important to them.</p>	<p>I can tell you a time when my first impression of someone changed as I got to know them.</p>	<p>I understand that cultural differences sometimes cause conflict.</p>	<p>I can explain ways in which difference can be a source of</p>

<p>I can tell you one way I am special and unique.</p> <p>I know that all families are different.</p> <p>I know there are lots of different houses and homes.</p> <p>I can tell you how I could make new friends.</p> <p>I can use my words to stand up for myself.</p>	<p>good at different things</p> <p>I understand that being different makes us all special</p> <p>I know we are all different but the same in some ways</p> <p>I can tell you why I think my home is special to me</p> <p>I can tell you how to be kind to a friend.</p> <p>I know which words to use to stand up for myself when someone says or does something unkind</p>	<p>am the same as my friends.</p> <p>I can tell you what bullying is I understand how being bullied might feel.</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied I can be kind to children who are bullied.</p> <p>I know how to make new friends I know how it feels to make a new friend.</p> <p>I can tell you some ways I am different from my friends I understand these differences make us all special and unique.</p>	<p>I understand some ways in which boys and girls are similar and feel good about this.</p> <p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).</p> <p>I understand some ways in which boys and girls are different and accept that this is ok.</p> <p>I understand that bullying is sometimes about difference.</p> <p>I can tell you how someone who is bullied feels I can be kind to children who are bullied.</p> <p>I can recognise what is right and wrong and know how to look after myself.</p> <p>I know when and how to stand up for myself and others I know how to get help if I am being bullied.</p> <p>I know some ways to make new friends.</p> <p>I know how it feels to be a friend and have a friend.</p> <p>I can tell you some ways I am different from my friends.</p> <p>I understand these differences make us all special and unique.</p>	<p>I appreciate my family/the people who care for me. I understand that differences and conflicts sometimes happen among family members.</p> <p>I know how to calm myself down and can use the 'Solve it together' technique.</p> <p>I know what it means to be a witness to bullying.</p> <p>I know some ways of helping to make someone who is bullied feel better.</p> <p>I know that witnesses can make the situation better or worse by what they do.</p> <p>I can problem-solve a bullying situation with others.</p> <p>I recognise that some words are used in hurtful ways.</p> <p>I try hard not to use hurtful words (e.g. gay, fat).</p> <p>I can tell you about a time when my words affected someone's feelings and what the consequences were.</p> <p>I can give and receive compliments and know how this feel</p>	<p>I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p> <p>I understand that, sometimes, we make assumptions based on what people look like.</p> <p>I try to accept people for who they are.</p> <p>I understand what influences me to make assumptions based on how people look.</p> <p>I can question why I think what I do about other people.</p> <p>I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure.</p> <p>I know how it might feel to be a witness to and a target of bullying.</p> <p>I can tell you why witnesses sometimes join in with bullying and sometimes don't tell.</p> <p>I can problem-solve a bullying situation with others.</p> <p>I can identify what is special about me and value the ways in which I am unique I like and respect the unique</p>	<p>I am aware of my own culture.</p> <p>I understand what racism is.</p> <p>I am aware of my attitude towards people from different races.</p> <p>I understand how rumour-spreading and name-calling can be bullying behaviours.</p> <p>I can tell you a range of strategies in managing my feelings in bullying situations and for problem-solving when I'm part of one.</p> <p>I can explain the difference between direct and indirect types of bullying.</p> <p>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.</p> <p>I can compare my life with people in the developing world.</p> <p>I can appreciate the value of happiness regardless of material wealth.</p> <p>I can enjoy the experience of a culture other than my own.</p>	<p>conflict or a cause for celebration.</p> <p>I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p> <p>I understand there are different perceptions about what normal means.</p> <p>I can empathise with people who are living with disabilities.</p> <p>I understand how having a disability could affect someone's life.</p> <p>I am aware of my attitude towards people with disabilities.</p> <p>I can explain some of the ways in which one person or a group can have power over another.</p> <p>I know how it can feel to be excluded or treated badly by being different in some way.</p> <p>I know some of the reasons why people use bullying behaviours.</p> <p>I can tell you a range of strategies in managing my feelings in bullying situations and for problem solving when I'm part of one.</p>
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						<p>features of my physical appearance.</p> <p>I can tell you a time when my first impression of someone changed when I got to know them.</p> <p>I can explain why it is good to accept people for who they are.</p>	<p>I respect my own and other people's cultures.</p>	<p>I can give examples of people with disabilities who lead amazing lives. I appreciate people for who they are.</p> <p>I can explain ways in which difference can be a source of conflict and a cause for celebration.</p> <p>I can show empathy with people in either situation.</p>
Dreams and goals	<p>I understand what challenge means.</p> <p>I can keep trying until I can do something.</p> <p>I can set a goal and work at it.</p> <p>I know some kind words to encourage people.</p> <p>I can start to think about the jobs I might like to do when I'm older.</p> <p>I can feel proud when I achieve something.</p>	<p>I understand that if I persevere I can tackle challenges</p> <p>I can tell you about a time I didn't give up until I achieved my goal</p> <p>I can set a goal and work towards it</p> <p>I can use kind words to encourage people</p> <p>I understand the link between what I learn now and the job I might like to do when I'm older</p>	<p>I can set simple goal.</p> <p>I can identify my successes and achievements.</p> <p>I can set a goal and work out how to achieve it.</p> <p>I can tell you how I learn best.</p> <p>I understand how to work well with a partner.</p> <p>I can celebrate achievement with my partner.</p> <p>I can tackle a new challenge and understand this might stretch my learning.</p> <p>I can identify how I feel when I am faced with a new challenge.</p>	<p>I can choose a realistic goal and think about how to achieve it.</p> <p>I can identify my successes and achievements and know how this makes me feel (proud).</p> <p>I can persevere even when I find tasks difficult.</p> <p>I can tell you some of my strengths as a learner.</p> <p>I can recognise who it is easy for me to work with and who it is more difficult for me to work with.</p> <p>I understand how working with other people can help me to learn.</p> <p>I can work cooperatively in a group to create an end product.</p> <p>I can work with other people to solve problems.</p> <p>I can explain some of the ways I worked</p>	<p>I can tell you about a person who has faced difficult challenges and achieved success.</p> <p>I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability).</p> <p>I can identify a dream/ambition that is important to me.</p> <p>I can imagine how I will feel when I achieve my dream/ambition.</p> <p>I enjoy facing new learning challenges and working out the best ways for me to achieve them.</p> <p>I can break down a goal into a number of steps and know how others could help me to achieve it.</p> <p>I am motivated and enthusiastic about</p>	<p>I can plan and set new goals even after a disappointment.</p> <p>I can explain what it means to be resilient and have a positive attitude.</p> <p>I can tell you about some of my hopes and dreams</p> <p>I know how it feels to have hopes and dreams.</p> <p>I understand that sometimes hopes and dreams do not come true and that this can hurt.</p> <p>I know how disappointment feels and can identify when I have felt that way. I know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p>I know how to cope with disappointment and how</p>	<p>I understand that I will need money to help me achieve some of my dreams.</p> <p>I can identify what I would like my life to be like when I am grown up.</p> <p>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.</p> <p>I appreciate the contributions made by people in different jobs.</p> <p>I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it.</p> <p>I appreciate the opportunities that learning and education are giving</p>	<p>I can explain different ways to work with others to help make the world a better place.</p> <p>I can explain what motivates me to make the world a better place.</p> <p>I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal).</p> <p>I understand why it is important to stretch the boundaries of my current learning.</p> <p>I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.</p>

		<p>I can say how I feel when I achieve a goal and know what it means to feel proud</p>	<p>I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.</p> <p>I know how I feel when I see obstacles and how I feel when I overcome them.</p> <p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.</p> <p>I know how to store the feelings of success in my internal treasure chest.</p>	<p>cooperatively in my group to create the end product.</p> <p>I can express how it felt to be working as part of this group.</p> <p>I know how to share success with other people.</p> <p>I know how contributing to the success of a group feels and I can store those feelings in my internal treasure chest (proud).</p>	<p>achieving our new challenge.</p> <p>I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge.</p> <p>I can recognise obstacles which might hinder my achievement and can take steps to overcome them.</p> <p>I can manage the feelings of frustration that may arise when obstacles occur.</p> <p>I can evaluate my own learning process and identify how it can be better next time.</p> <p>I am confident in sharing my success with others and can store my feelings in my internal treasure chest.</p>	<p>to help others cope with theirs.</p> <p>I know how to make a new plan and set new goals even if I have been disappointed.</p> <p>I know what it means to be resilient and to have a positive attitude.</p> <p>I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group.</p> <p>I can enjoy being part of a group challenge.</p> <p>I can identify the contributions made by myself and others to the group's achievement.</p> <p>I know how to share in the success of a group and how to store this success experience in my internal treasure chest.</p>	<p>me and understand how this will help me to build my future.</p> <p>I can describe the dreams and goals of young people in a culture different to mine.</p> <p>I can reflect on how these relate to my own.</p> <p>I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.</p> <p>I appreciate the similarities and differences in aspirations between myself and young people in a different culture.</p> <p>I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship.</p> <p>I understand why I am motivated to make a positive contribution to supporting others</p>	<p>I can set success criteria so that I will know whether I have reached my goal.</p> <p>I can identify problems in the world that concern me and talk to other people about them I recognise the emotions.</p> <p>I experience when I consider people in the world who are suffering or living in difficult situations.</p> <p>I can work with other people to help make the world a better place.</p> <p>I can empathise with people who are suffering or who are living in difficult situations.</p> <p>I can describe some ways in which I can work with other people to help make the world a better place.</p> <p>I can identify why I am motivated to do this.</p> <p>I know what some people in my class like or admire about me and can accept their praise.</p> <p>I can give praise and compliments to other people when I recognise their contributions and achievements.</p>
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<p>Healthy me</p>	<p>I know the names for some parts of my body and am starting to understand that I need to be active to be healthy.</p> <p>I can tell you some of the things I need to do to be healthy.</p> <p>I know what the word 'healthy' means and that some foods are healthier than others.</p> <p>I know how to help myself go to sleep and that sleep is good for me.</p> <p>I can wash my hands and know it is important to do this before I eat and after I go to the toilet.</p> <p>I know what to do if I get lost and how to say NO to strangers</p>	<p>I understand that I need to exercise to keep my body healthy</p> <p>I understand how moving and resting are good for my body</p> <p>I know which foods are healthy and not so healthy and can make healthy eating choices</p> <p>I know how to help myself go to sleep and understand why sleep is good for me</p> <p>I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</p> <p>I know what a stranger is and how to stay safe if a stranger approaches me</p>	<p>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p>I feel good about myself when I make healthy choices.</p> <p>I know how to make healthy lifestyle choices.</p> <p>I feel good about myself when I make healthy choices.</p> <p>I know how to keep myself clean and healthy, and understand how germs cause disease/ illness.</p> <p>I know that all household products including medicines can be harmful if not used properly I am special so I keep myself safe.</p> <p>I understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>I know some ways to help myself when I feel poorly.</p>	<p>I can explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.</p> <p>I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</p> <p>I know what I need to keep my body healthy.</p> <p>I am motivated to make healthy lifestyle choices.</p> <p>I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.</p> <p>I can tell you when a feeling is weak and when a feeling is strong.</p> <p>I understand how medicines work in my body and how important it is to use them safely.</p> <p>I feel positive about caring for my body and keeping it healthy.</p> <p>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.</p> <p>I have a healthy relationship with food and know which foods I enjoy the most.</p>	<p>I understand how exercise affects my body and know why my heart and lungs are such important organs.</p> <p>I can set myself a fitness challenge.</p> <p>I understand how exercise affects my body and know why my heart and lungs are such important organs.</p> <p>I can set myself a fitness challenge.</p> <p>I can tell you my knowledge and attitude towards drug.</p> <p>I can identify how I feel towards drugs.</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.</p> <p>I can express how being anxious or scared feels.</p> <p>I understand that, like medicines, some household substances can be harmful if not used correctly.</p> <p>I can take responsibility for keeping myself and others safe at home.</p> <p>I understand how complex my body is and how important it is to take care of it.</p>	<p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p> <p>I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions.</p> <p>I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles I take on in different situations.</p> <p>I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with.</p> <p>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.</p> <p>I can relate to feelings of shame and guilt and know how to act assertively to resist</p>	<p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.</p> <p>I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure.</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.</p> <p>I know how to keep myself calm in emergencies.</p> <p>I understand how the media and celebrity culture promotes certain body types.</p> <p>I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.</p>	<p>I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</p> <p>I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood.</p> <p>I am motivated to give my body the best combination of food for my physical and emotional health.</p> <p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart .</p> <p>I am motivated to find ways to be happy and cope with life's situations without using drugs.</p> <p>I can evaluate when alcohol is being used responsibly, anti-socially or being misused.</p> <p>I can tell you how I feel about using alcohol when I am</p>
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			<p>I know how to keep safe when crossing the road, and about people who can help me to stay safe.</p> <p>I can recognise when I feel frightened and know who to ask for help.</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p> <p>I can recognise how being healthy helps me to feel happy.</p>	<p>I can decide which foods to eat to give my body energy I have a healthy relationship with food and I know which foods are most nutritious for my body.</p> <p>I can make some healthy snacks and explain why they are good for my body.</p> <p>I can express how it feels to share healthy food with my friends</p>	<p>I respect my body and appreciate what it does for me.</p>	<p>pressure from myself and others.</p> <p>I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.</p> <p>I can relate to the feelings of shame and guilt and know how to act assertively to resist pressure from myself and others.</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong.</p> <p>I can tap into my inner strength and know how to be assertive.</p>	<p>I understand how the media and celebrity culture promotes certain body types.</p> <p>I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices.</p> <p>I need to make to be healthy and happy I am motivated to keep myself healthy and happy.</p>	<p>older and my reasons for this.</p> <p>I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations.</p> <p>I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen.</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.</p> <p>I know how to help myself feel emotionally healthy and can recognise when I need help with this.</p> <p>I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse.</p> <p>I can use different strategies to manage stress and pressure.</p>
Relationships	<p>I can tell you about my family</p> <p>I understand how to</p>	<p>I can identify some of the jobs I do in my family and how I</p>	<p>I can identify the members of my family and understand that there are lots of</p>	<p>I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that</p>	<p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.</p>	<p>I can recognise how people are feeling when they miss a special person or animal.</p>	<p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p>	<p>I can identify when people may be experiencing feelings associated with loss and also recognise</p>

<p>make friends if I feel lonely</p> <p>I can tell you some of the things I like about my friends</p> <p>I know what to say and do if somebody is mean to me</p> <p>I can work together and enjoy being with my friends</p>	<p>feel like I belong</p> <p>I know how to make friends to stop myself from feeling lonely</p> <p>I can think of ways to solve problems and stay friends</p> <p>I am starting to understand the impact of unkind words</p> <p>I can use Calm Me time to manage my feelings</p> <p>I know how to be a good friend</p>	<p>different types of families.</p> <p>I know how it feels to belong to a family and care about the people who are important to me.</p> <p>I can identify what being a good friend means to me I know how to make a new friend.</p> <p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>I can recognise which forms of physical contact are acceptable and unacceptable to me.</p> <p>I know who can help me in my school community I know when I need help and know how to ask for it.</p> <p>I can recognise my qualities as person and a friend.</p> <p>I know ways to praise myself.</p> <p>I can tell you why I appreciate</p>	<p>make me feel safe and special.</p> <p>I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships</p> <p>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.</p> <p>I accept that everyone's family is different and understand that most people value their family.</p> <p>I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.</p> <p>I know which types of physical contact I like and don't like and can talk about this.</p> <p>I can identify some of the things that cause conflict with my friends.</p> <p>I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends.</p> <p>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</p>	<p>I can describe how taking some responsibility in my family makes me feel.</p> <p>I can identify and put into practice some of the skills of friendship eg. Taking turns, being a good listener I know how to negotiate in conflict situations to try to find a win-win solution.</p> <p>I know and can use some strategies for keeping myself safe.</p> <p>I know who to ask for help if I am worried or concerned.</p> <p>I can explain how some of the actions and work of people around the world help and influence my life.</p> <p>I can show an awareness of how this could affect my choices.</p> <p>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p>I can empathise with children whose lives are different to mine and appreciate what I may learn from them.</p> <p>I know how to express my appreciation to my friends and family.</p>	<p>I can give ways that might help me manage my feelings when missing a special person or animal.</p> <p>I can identify the web of relationships that I am part of, starting from those closest to me and including those more distant.</p> <p>I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them.</p> <p>I can identify someone I love and can express why they are special to me.</p> <p>I know how most people feel when they lose someone or something they love.</p> <p>I can tell you about someone I know that I no longer see.</p> <p>I understand that we can remember people even if we no longer see them.</p> <p>I can explain different points of view on an animal rights issue.</p> <p>I can express my own opinion and feelings on this.</p> <p>I understand how people feel when they love a special pet I can understand that losing a special pet brings feelings that can be hard to cope with, but that it</p>	<p>I know how to keep building my own self-esteem.</p> <p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</p> <p>I know how to stand up for myself and how to negotiate and compromise.</p> <p>I understand how it feels to be attracted to someone and what having a boyfriend/ girlfriend might mean.</p> <p>I understand that relationships are personal and there is no need to feel pressurised into having a boyfriend/girlfriend.</p> <p>I understand how it feels to be attracted to someone and what having a boyfriend/ girlfriend might mean.</p> <p>I can recognise the feeling of jealousy, where it comes from and how to manage it.</p> <p>I understand how to stay safe when using technology to communicate with my friends.</p>	<p>when people are trying to gain power or control.</p> <p>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.</p> <p>I can identify the most significant people to be in my life so far.</p> <p>I understand how it feels to have people in my life that are special to me.</p> <p>I know some of the feelings we can have when someone dies or leaves.</p> <p>I can use some strategies to manage feelings associated with loss and can help other people to do so.</p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.</p> <p>I can recognise when I am feeling those emotions and have strategies to manage them.</p> <p>I can recognise when people are trying to gain power or control.</p>
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<p>Changing me</p>	<p>I can name parts of my body and show respect for myself</p> <p>I can tell you some things I can do and some food I can eat to be healthy</p> <p>I understand that we all start as babies and grow into</p>	<p>I can name body parts</p> <p>I can tell you some things I can do and foods I can eat to be healthy</p> <p>I understand that we all grow from babies to adults</p> <p>I can express how I am feeling about moving to year 1</p>	<p>I am starting to understand the life cycles of animals and humans.</p> <p>I understand that changes happen as we grow and that this is OK.</p> <p>I can tell you some things about me that have changed and some things about me that have stayed the same.</p>	<p>I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.</p> <p>I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.</p>	<p>I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby.</p> <p>I can express how I feel when I see babies or baby animals.</p> <p>I understand how babies grow and develop in the mother's uterus.</p> <p>I understand what a baby needs to live and grow.</p>	<p>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestion about how I might manage my feelings when changes happen.</p> <p>I understand that some of my personal characteristics have</p>	<p>I am aware of my own self-image and how my body image fits into that.</p> <p>I know how to develop my own self esteem.</p> <p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>I understand that puberty is a natural process that</p>	<p>I can explain in more detail, the process by which a baby is conceived, how it develops through the nine months of pregnancy, and the stages of labour and birth.</p> <p>I can reflect on how this experience might feel from the point of view of a parent and express my own thoughts and feelings about it.</p>

<p>children and then adults</p> <p>I know that I grow and change</p> <p>I can talk about how I feel moving to School from Nursery</p> <p>I can remember some fun things about nursery.</p>	<p>I can talk about my worries and/or the things I am looking forward to about being in Year 1</p> <p>I can share my memories of the best bits of this year in Reception</p>	<p>I know that changes are OK and that sometimes they will happen whether I want them to or not. I can tell you how my body has changed since I was a baby I understand that growing up is natural and that everybody grows at different rates.</p> <p>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina I respect my body and understand which parts are private.</p> <p>I understand that every time I learn something new I change a little bit I enjoy learning new things.</p> <p>I can tell you about changes that have happened in my life.</p> <p>I know some ways to cope with changes.</p>	<p>I can recognise cycles of life in nature.</p> <p>I understand there are some changes that are outside my control and can recognise how I feel about this.</p> <p>I can tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>I can identify people I respect who are older than me.</p> <p>I can recognise how my body has changed since I was a baby and where.</p> <p>I am on the continuum from young to old I feel proud about becoming more independent.</p> <p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private.</p> <p>I can tell you what I like/don't like about being a boy/girl.</p> <p>I can identify what I am looking forward to when I am in Year 3.</p> <p>I can start to think about changes I will make when I am in Year 3 and know how to go about this.</p>	<p>I can express how I might feel if I had a new baby in my family.</p> <p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</p> <p>I can identify how boys' and girls' bodies change on the outside during this growing up process.</p> <p>I recognise how I feel about these changes happening to me and know how to cope with those feelings.</p> <p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings.</p> <p>I can start to recognise stereotypical ideas I might have about parenting and family roles.</p> <p>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.</p>	<p>come from my birth parents and that this happens because I am made from the joining of their egg and sperm.</p> <p>I appreciate that I am a truly unique human being.</p> <p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</p> <p>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.</p> <p>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</p> <p>I know how the circle of change works and can apply it to changes I want to make in my life.</p> <p>I am confident enough to try to make changes when I think they will benefit me.</p> <p>I can identify changes that have been and may continue to be outside of</p>	<p>happens to everybody and that it will be ok for me.</p> <p>I can describe how boys' and girls' bodies change during puberty.</p> <p>I can express how I feel about the changes that will happen to me during puberty.</p> <p>I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby.</p> <p>I appreciate how amazing it is that human bodies can reproduce in these ways.</p> <p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).</p> <p>I am confident that I can cope with the changes that growing up will bring.</p> <p>I can identify what I am looking forward to when I am in Year 6 I can start to think about changes I will make when I am in</p>	<p>I am aware of my own self-image and how my body image fits into that.</p> <p>I know how to develop my own self esteem.</p> <p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally I can express how I feel about the changes that will happen to me during puberty.</p> <p>I can ask the questions I need answered about changes during puberty.</p> <p>I can reflect on how I feel about asking the questions and about the answers I receive.</p> <p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on the development and birth of a baby.</p> <p>I understand how being physically attracted to someone changes the nature of the relationship.</p>
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