|  | **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 classTo recognise that choices made will have consequences (good/bad) | To be able to identify similarities and differences between themselves and peers with toleranceTo 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 familiesTo 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 facedTo 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 familyTo 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 oldTo know the body part names (revisited) and know that some parts are private |
| Year 3 | To face challenges with positivityTo demonstrate an ability to make responsible choicesTo understand that actions may affect others and consider their feelings | To understand that conflict may occur within a familyTo understand what being a ‘witness’ to bullying meansTo understand that a witness to bullying can choose to help | To be able to identify a dream/ambition important to themTo 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 genderTo 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 babiesTo understand that babies develop and grow in the uterusTo understand that a baby begins to grow when sperm meets an eggTo 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 teamTo understand how democracy works e.g. school councilTo 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 ideasTo understand that your impression of someone may change once you get to know themTo 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 hurtTo understand that focussing on positive experiences can counteract unhappinessTo 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 beneficialTo know facts about smoking and the impact on health e.g. liverTo know the reasons that people drink alcoholTo 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 friendshipsTo 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 eggTo know the external parts of male and female bodies that are necessary for reproductionTo understand the responsibility that parenthood bringsTo 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 schoolTo take responsibility for behavioural choices and link to rewards and consequencesTo understand how democracy benefits a school and a society | To understand that cultural differences can sometimes cause conflictTo understand what racism isTo understand that rumour spreading and name calling are bullying behavioursTo be able to compare their lives with those in the developing worldTo understand a different culture form their own | To understand that they may need money to achieve certain goalsTo have an awareness of different types of jobs and the attached salariesTo identify a job they might like to do and whyTo 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 bodyTo know that mis-use of alcohol can lead to anti-social behaviourI know and can put into practise some basic first aid and know how to get help in an emergencyI understand that media and social media promote certain body imagesI understand what an eating disorder is and can make the link between that and body image  | To have an accurate picture of selfTo understand that being part of an online community can have positive and negative consequencesTo understand that there are rights and responsibilities when part of an online community and when gaming onlineTo 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 oneselfTo understand that sexual intercourse may lead to conception and that this is how babies are usually madeTo have an understanding of IVF and why it might be necessaryBe 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 futureTo know that there are universal rights for children and that these are not always metTo 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 lifeTo be able to explain some reasons behind bullying behaviour | To be able to link personal strengths when setting personal goalsTo identify problems in the world that are concerning and talk to someone about itTo be able to describe ways in which people can make the world a better place | To make choices that benefit health and wellbeingTo know the names of different types of drugs and their effectsTo know information about exploitation e.g. making people do thingsTo have explored attitudes towards mental health | To understand that there are different stages in grief and different types of lossTo be able to judge whether something online is safe and helpfulTo 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/ boyfriendTo know the importance of positive self-esteem |