

<u>Being Me In My World</u>						
<u>Foundation Stage</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	I know why my class is a happy and safe place to learn.	I know why my behaviour can impact on other people in my class.	I know how my behaviour can affect how others feel and behave.	I know why being listened to and listening to others is important in my school community.	I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.	I know how my choices can have an impact on people in my immediate community and globally.
<u>Celebrating Difference</u>						
<u>Foundation Stage</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Identifying talents Being special Families Where we live Making friends Standing up for	I know some ways that I am different and similar to other people in my class, and why this makes us all special.	I know that sometimes people get bullied because they are seen to be different; this might include people who do	I know different conflicts that might happen in family or friendship groups and how words can be used in hurtful	I know a time when my first impression of someone changed as I got to know them. I know why	I know the differences between direct and indirect types of bullying and can offer a range of strategies to	I know ways in which difference can be a source of conflict or a cause for celebration.

yourself		not conform to gender stereotypes.	or kind ways when conflicts happen	bullying might be difficult to spot and what to do about it if I'm not sure.	help myself and others if we become involved (directly or indirectly) in a bullying situation.	
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Dreams and Goals

<u>Foundation Stage</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	I know how I feel when I am successful and how this can be celebrated positively.	I know how I played my part in a group and the parts other people played to create an end product	I know the different ways that help me learn and what I need to do to improve.	I can plan and set new goals even after a disappointment.	I can compare my hopes and dreams with those of young people from different cultures.	I know different ways to work with others to help make the world a better place

Healthy Me

<u>Foundation Stage</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Exercising bodies Physical activity Healthy food	I know why I think my body is amazing and can identify a range of ways to	I know why foods and medicines can be good for my body comparing	I can identify things, people and places that I need to keep safe from, and	I know when people are putting me under pressure and can explain	I know different roles that food and substances can play in people's lives. I	I know when substances including alcohol are being used

Sleep Keeping clean Safety	keep it safe and healthy.	my ideas with less healthy/ unsafe choices.	can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services	ways to resist this when I want to.	can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy	anti-socially or being misused and the impact this can have on an individual and others.
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Relationships

<u>Foundation Stage</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	I know why I have special relationships with some people and how these relationships help me feel safe and good about myself. I know how my qualities help these relationships.	I know why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.	I know how my life is influenced positively by people I know and also by people from other countries.	I know how people are feeling when they miss a special person or animal.	I know different types of friendships and the feelings associated with them. I know how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.	I know when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.

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Changing Me

<u>Foundation Stage</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<p>I can express how I feel about moving to Year 1.</p> <p>I can talk about my worries and/ or the things that I am looking forward to about being in Year 1.</p>	<p>I understand that every time I learn something new I change a little bit.</p> <p>I can tell you about changes that have happened in my life.</p>	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p>I can identify what I am looking forward to when I move to a new class.</p>	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school/ or moving to my next class.</p>

Changing Me (RSE)

<u>Foundation Stage</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<p>I can name parts of the body.</p> <p>I can tell you some things that I can do and foods that I can</p>	<p>I am starting to understand the life cycles of animals and humans.</p> <p>I can tell you some things about me that</p>	<p>I can recognize cycles of life in nature.</p> <p>I can tell you about the natural process of growing from young to old</p>	<p>I understand that in animals and humans lots of changes happen between conception and growing up and that usually it is</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 am aware of my own self-image and how my body image fits into that.</p> <p>I can explain how a girl's</p>	<p>I am aware of my own self-image and how my body image fits into that.</p> <p>I can explain how girls and</p>

<p>eat to be healthy, I understand that we all grow from babies to adults.</p>	<p>have changed and some things about me that have stayed the same. I can tell you how my body has changed since I was a baby. I can identify the parts of the body that makes boys different to girls and can use the correct names for these</p>	<p>and understand that this is not in my control. I can recognize how my body has changed since I was a baby and where I am on the continuum from old to young. I can recognize the physical difference between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private. I understand that there are different types of touch and can tell you which ones I like and don't like.</p>	<p>the female who has the baby. I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow. I can start to recognise stereotypical ideas I might have about parenting and family roles.</p>	<p>I can identify how boys' and girls' bodies change on the outside during this growing up process. 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. I understand that some of my personal characteristics have come from my birth parents. I can describe</p>	<p>body changes during puberty and understanding the importance of looking after yourself physically and emotionally. I can explain how a boy's body changes during puberty and understand the importance of looking after yourself physically and emotionally. I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby. I understand the process of human reproduction.</p>	<p>boys bodies change during puberty and understand the importance of looking after yourself physically and emotionally. I understand that sexual intercourse can lead to conception and that is how babies are usually made. I understand that sometimes people need IVF to help them have a baby. I can describe how a baby develops from conception through the nine months of pregnancy and how it is born. I understand how being</p>
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				<p>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 know how the circle of change works and can apply it to changes I want to make in my life. I can identify changes that have been and may continue to be outside of my control that I learn to accept.</p>	<p>I can identify what I am looking forward to about becoming a teenager and understand this bring growing responsibilities.</p>	<p>physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</p> <p>I am aware of the importance of a positive self-esteem and what I can do to develop it.</p>
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