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| F2 | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Me and My Relationships |
| Can I recognise and be sensitive to the differences of others?Can I name people who help me and describe ways to help others?Can I talk about feelings and what can cause them?Can I tell you which trusted adults Can I ask for help?Can I help a friend if they are sad or worried? | Can I name different feelings and how they might make me behave?Can I suggest ways of dealing with 'not so good' feelings and how to help others?Can I recognise when I need help and who to ask?Can I listen to others and wait my turn to speak?Can I tell you which trusted adults at home and school keep me safe? | Can I understand we have different ways to express our feelings?Can I express my feelings in a safe, controlled way?Can I tell you some ways that Can I get help if I am being bullied and what Can I do if someone teases me?Can I tell someone how they are making me feel?Can I give you lots of ideas about what makes a good friend and also tell you how I try to be a good friend? | Can I communicate my feelings and use this to try to manage my emotions?Can I collaborate with a team to achieve a goal?Can I accept I may not always agree with others?Can I listen and share my opinions respectively? Can I say why friends may fall out and how they can make up?Can I know how to look after my friends and stay friends? | Can I talk about how feelings change and be different for others?Can I read different emotions by a person’s body language?Can I say 'no' in a calm and controlled way?Can I name some qualities or strategies that help team work?Can I be aware of others and their needs when working together?Can I say what to do if I am, or a friend is, hurt or bullied by another person?Can I recognise the qualities of a healthy relationship? | Can I be assertive to keep myself happy, healthy and safe?Can I use strategies to resolve arguments or disagreements?Can I reflect on my behaviour, attitudes and qualities?Can I be aware of the warning signs that a relationship could be unhealthy or unsafe?Can I manage my emotional needs and any risks to them?Can I respond to emotions according to the situation and person? | Can I work through challenges I have with my friends with respect, assertiveness and understanding?Can I give examples of negotiation and compromise?Can I use these skills in practical situations?Can I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch?Can I use assertive behaviours to keep myself safe from peer influence or pressure?Can I explain bystander behaviour by giving examples of what bystanders do when someone is being bullied? |
| Valuing Difference |
| Can I celebrate our differences?Can I talk about my family life?Can I listen and be polite to what others tell me about their lives?Can I be kind, caring and helpful to others?Can I show good listening? | Can I say ways in which people are similar as well as different?Can I say why things sometimes seem unfair, even if they are not to me?Can I talk about what bullying is?Can I say ways to show kindness towards others? | Can I be respectful of those who are different to me?Can I describe how someone can change someone's feelings?Can I tell you why it is important to show good listening to people who think differently to me?Can I name and suggest strategies to someone who feels left out?Can I be kind and use kind words to my friends? | Can I give examples of different types of families? Can I respect these differences?Can I give examples of different community groups and what is good about having different groups?Can I use respectful language and communication skills when discussing with others?Can I talk about examples in our classroom where respect and tolerance have helped to make it a happier, safer place? Can I name and use the different qualities needed for people from a diverse range of backgrounds need in order to get on together?Can I suggest ways to deal with bullying and prejudice? | Can I say how differences sometimes cause conflict but can also be something to celebrate?Can I begin to manage conflict by using negotiation and compromise?Can I suggest strategies for dealing with someone who is behaving aggressively? Can I demonstrate ways of showing respect to others' differences?Can I explain why it’s important to challenge stereotypes that might be applied to me or others? | Can I give examples of different faiths and cultures and positive things about having these differences?Can I explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this?Can I empathise with people who have been, and currently are, subjected to injustice, including through racism?Can I explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this?Can I give examples of why posting an inaccurate (or selective) impression of themselves could be harmful for people who do it (trying to live up to their image, taking risks etc.)?Can I reflect on how individual/group actions can impact on others in a positive or negative way? | Can I explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations?Can I show respect to others by using verbal and non-verbal communication?Can I reflect on and give reasons for why some people show prejudiced behaviour and sometimes bully for this reason?Can I describe how empathy can help people to be more tolerant and understanding of those who are different from them? Can I recognise how the media can reinforce gender stereotypes and begin to challenge this? |
| Keeping Myself Safe |
| Can I tell you what my body needs to stay healthy?Can I make safe decisions around medicines and things I don't know?Can I name some things that can be dangerous inside and outside?Can I tell you what is safe to play online and who to talk to if I feel worried?Can I name the adults who keep me safe and when I might need their help? | Can I talk about the things my body needs to stay well (exercise, sleep, healthy foods)?Can I say what Can I do if I have strong, but not so good feelings, to help me stay safe?Can I say 'no' to unwanted touch and ask for help from a trusted adult?Can I say when medicines can be helpful or might be harmful?Can I tell you how to stay safe around medicine? | Can I keep myself safe around medicines? Can I explain that they can be helpful or harmful, and say how they can be used safely?Can I say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe?Can I say what I do and don't like and who to ask for help?Can I give some examples of safe and unsafe secrets? Can I think of safe people who can help if something feels wrong?Can I give examples of touches that are ok or not ok (even if they haven’t happened to me)?Can I identify a safe person to tell if I felt ‘not OK’ about something? | Can I say what I could do to make a situation less risky or not risky at all?Can I demonstrate strategies for dealing with a risky situation?Can I identify some key risks from and effects of cigarettes and alcohol?Can I give examples of strategies for safe browsing online?Can I identify personal information and when it is not appropriate or safe to share this? Can I get help when an unsafe situation online occurs? | Can I demonstrate strategies for dealing with a risky situation?Can I give examples of people or things that might influence me to take risks and make decisions? Can I give reasons for why most people choose not to smoke, or drink too much alcohol? Can I explain what might happen if people take unsafe or inappropriate risks.Can I identify images that are safe or unsafe to share online? | Can I suggest what someone should do when faced with a risky situation?Can I protect my personal information online? Can I recognise disrespectful behaviour online?Can I identify the risks in a specific situation (including emotional risks).Can I discuss social norms relating to cigarettes and what may influence a person’s decision to not smoke?Can I support someone who is being bullied? | Can I use safe, respectful and responsible behaviours and strategies when using social media?Can I give examples of how to safely share images online?Can I explain how social norms around alcohol can influence a person’s decision whether to drink alcohol or not?Can I suggest positive ways to meet my emotional needs and how this impacts my behaviour?Can I begin to make decisions independently and responsibly? |
| Rights and Responsibilities |
| Can I help my family?Can I help to clean and tidy my home and classroom?Can I tell you some ways to look after our world?Can I be kind to friends and others?Can I talk about looking after money? | Can I wash my hands correctly?Can I name ways to look after my home and school?Can I look after a special person or thing?Can I tell you some things that money is spent on?Can I get help if someone has hurt themselves? | Can I make choices that help me play and work well with others?Can I use some strategies when I feel upset or angry?Can I ask for help from a trusted adult?Can I name some ways Can I look after my environment.Can I make choices with money? | Can I identify people who help me in different ways?Can I spot 'facts' and 'opinions' to help me share ideas?Can I make a plan?Can I choose a method?Can I identify different times and reasons to spend money.Can I give examples of how people earn money? | Can I name some responsibilities and rights that I have?Can I share ideas and make decisions that affect others?Can I give my own opinion based on facts, opinions and other influences?Can I give examples of how Can I support others as a bystander?Can I explain how others have a financial responsibility to their families and community?Can I give examples of choices and decisions with money that will affect me? | Can I develop ideas and opinions based on a current issue? Can I present these to a group?Can I identify how the responsibilities of others impact me and my community?Can I give examples of barriers that can stop others following their responsibilities?Can I give examples of some of the rights and responsibilities I have as I grow older, at home, my community and the environment?Can I give real examples of each that relate to me?Can I suggest ways to spend and save money responsibly?Can I explain some things about finance and money? Can I name a person who deals with money in my community? | Can I tell you the difference between 'fact' and 'opinion' and explain what 'bias' means?Can I discuss the reasons why people post online and the positive and negative effects relating to social media?Can I talk about how money is earned, the differences in incomes and how public services are supported by tax payers?Can I describe how a group of people can make a change? Can I reflect on my role in making a change in my community or environment?Can I suggest ways that Can I help my environment.Can I give examples of why we need a democratic society and how laws keep us safe? |
| Being My Best |
| Can I keep trying if the way I choose doesn't work?Can I talk about the different types of feelings we have?Can I have a go at something new?Can I make my own healthy food choices?Can I make healthy sleep and exercise choices? | Can I choose a healthy meal with different food groups?Can I be persistent when learning a new skill?Can I name a few different ideas of what I can do if I find something difficult?Can I help my friends when they fall out?Can I explain why praise helps me to keep trying? | Can I explain what happens when I learn something new?Can I explain how setting a goal or goals will help me to achieve what I want to be able to do? Can I explain how hand hygiene stops viruses and germs from spreading?Can I give examples of what I can do and give to my body to stay healthy?Can I name different parts of my body that are *inside* me and help to turn food into energy? | Can I choose foods that make a balanced meal?Can I explain how washing hands can prevent infections spreading?Can I describe how food, water and air get into the body and blood?Can I set goals and make a plan to develop a new skill? | Can I say how being unique makes everyone special, different and valuable?Can I give examples of choices I make and the choices others make for me?Can I plan a healthy, balanced meal?Can I give examples of the ways people can look after their physical and mental wellbeing?Can I give different examples of some of the things that I do already to help look after my environment? | Can I explain how one organ functions and how it contributes to the health of my body?Can I explain how choices relating to smoking and drinking can effect a person’s health?Can I think of ways to improve a skill and the strategies that will help me do this?Can I name several qualities that make people attractive that are nothing to do with how they look, but about how they behave?Can I give examples of how I am independent and manage my own success? | Can I explain, giving examples, how I can manage my wellbeing using the five ways to wellbeing?Can I set goals so that I can achieve an aspiration?Can I tell you how I can overcome problems and challenges on the way to achieving my goals?Can I identify risk factors in a given situation?Can I assess the level of risk and explain how a risk can be reduced? |
| Growing and Changing |
| Can I describe the life cycle of an animal?Can I describe how a baby grows to an adult and what they might need?Can I tell you some things about how babies are made?Can I tell you the scientific names for my body parts?Can I tell you the PANTS rule? | Can I tell you some things that babies need?Can I tell you what Can I do now that I couldn't do as a toddler and some things that I am still learning to do? Can I talk about how safe secrets and surprises make me feel and who to talk to if I am worried?Can I name the body parts girls and boys have that are the same and which body parts are different? Can I name the adults Can I talk to at home and school if I need help? | Can I give support to a friend?Can I describe feelings of loss and suggest what someone can do if a friend moves away?Can I describe the stages of growth I have been through and what I look forward to in my future?Can I name the human private parts that are used to make a baby?Can I talk about keeping private parts private? | Can I explain what body space is and how it feels when someone is too close to me?Can I tell you some of the different relationships I have?Can I tell you what qualities a healthy positive relationship has?Can I describe how a girls and boys body will change when it reaches puberty?Can I tell you what happens to a woman’s body when the sperm does not meet the egg? | Can I describe how change can make a person feel (both negative and positive)?Can I explain why young people can have mixed up feelings when they go through puberty?Can I explain why puberty happens?Can I talk about how people feel during puberty and the menstruation cycle and ways to help cope with the changes?Can I explain why some people choose to get married, have a civil ceremony or live together? | Can I begin to manage challenging emotions by building my resilience?Can I describe the emotions and feelings people have during puberty and some respectful strategies to deal with conflict?Can I identify how someone could deal with an unsafe situation by naming trusted adults and strategies to stay safe?Can I explain, using the correct vocabulary, the menstruation cycle and puberty changes and the products people might need?Can I give examples of feelings and emotions people have at times of change? | Can I name some of the feelings and emotions people have during change?Can I give examples of how someone could cope with or get support during puberty?Can I identify ways the media can create stereotypes and how this can affect how someone can feel about their own body image?Can I explain how to stay safe when sharing images and information online? Can I offer advice and name people to help keep someone safe. Can I identify if a secret is unsafe? |