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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? |