



HBN

# PSHE Curriculum



September 2022



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## **Introduction**

This scheme was developed in response to the school current needs as identified by staff and pupils. It is based on the structure and objectives of the original Jigsaw scheme, with some adaptations and more freedom for staff to tailor their lessons to match their current cohorts. The order and the names of the units have been updated. The original Jigsaw scheme is still available for staff to use for guidance when needed.

## **Lesson expectations**

PSHE lessons are expected to be held weekly and it is preferred that these are on a Monday afternoon if possible - this means a calmer atmosphere across the school needed for the sessions. The lessons should include a mindfulness/calming activity. Lessons should include the following parts, linking with the structure from the original Jigsaw document: Connect me - Calm me - Input/Activity - Reflection. There is no requirement to have an individual work book for each child. Instead each class will be provided with a class Jigsaw Journal which can be used to record parts of the lesson. These can then be left on display for the children to refer back to.

## **Display**

There should be a simple Jigsaw display in each classroom. These should display the terms theme and the classes floor book and Jigsaw character should be next to it.

## **Jigawards**

The class teachers will choose one child a week to receive a Jigaward either in an assembly or in class. These should be based when possible on the weekly focus indicated on page 4.

	Termly Theme	Weekly focus - Jigawards
Autumn 1st	Understanding me	<ol style="list-style-type: none"> <li>1. Helping others to feel welcome</li> <li>2. Choosing to follow the school rules</li> <li>3. Demonstrating confidence</li> <li>4. Working well with others</li> <li>5. Being a good role model in class</li> </ol>
Autumn 2nd	Relationships	<ol style="list-style-type: none"> <li>1. Being kind to others, showing empathy</li> <li>2. Manners, using words for good</li> <li>3. Being a good friend, being a good role model</li> <li>4. Positive contribution to the school community</li> <li>5. Resolving conflict/friendship issues</li> </ol>
Spring 1st	Goals and Dreams	<ol style="list-style-type: none"> <li>1. Being brave to try something new, prepared to take risks</li> <li>2. Achieving something new</li> <li>3. Keeping going when things are challenging/persevering</li> <li>4. Learning from mistakes</li> <li>5. Being proud of an achievement</li> </ol>
Spring 2nd	Looking after me	<ol style="list-style-type: none"> <li>1. Making or discussing positive choices to stay physically healthy - exercise, food, water etc.</li> <li>2. Recognising ways to stay safe</li> <li>3. Recognise and talking about my feelings</li> <li>4. Managing my feelings - using strategies discussed.</li> <li>5. Having a positive attitude</li> </ol>
Summer 1st	Celebrating difference	<ol style="list-style-type: none"> <li>1. Including others/inclusion</li> <li>2. Being mindful of others and their differences</li> <li>3. Showing kindness to all</li> <li>4. Trying to solve problems</li> <li>5. Using kind words or giving compliments</li> </ol>
Summer 2nd	Changing me	<ol style="list-style-type: none"> <li>1. Recognise how change makes them feel</li> <li>2. Embracing change</li> <li>3. Understanding the impact of change</li> <li>4. Positive attitude towards transition</li> </ol>

# Key dates

Autumn 1st	Understanding me	National fitness day - September Mental health day - October Black History month - October
Autumn 2nd	Relationships	World Kindness Day - November Anti bullying week - November Children in Need - November
Spring 1st	Goals and Dreams	Children's mental health week - February Safer internet day - February
Spring 2nd	Looking after me	Sport relief/comic relief - March World book day - March
Summer 1st	Celebrating difference	Anti bullying day - May World day of cultural diversity - May Mental Health awareness - May
Summer 2nd	Changing me	Pride month - June International friendship day - July

	<b>Understanding me</b>	<b>Relationships</b>	<b>Goals and Dreams</b>	<b>Looking after me</b>	<b>Celebrating difference</b>	<b>Changing me</b>
<b>ALL YEAR GROUPS</b>	School Rules/ learning charter, self regulation		Resilience - link to GROW, Growth Mindset	Mental health and Wellbeing		Transition to next year
<b>Reception</b>	Building relationships in the class - self, peers, adults	Peer relationships My feelings	Praise Asking for help	Being active Healthy diet	Talking to others Needs of others	How i'm feeling What I like
<b>Year 1</b>	Belonging in class Actions/consequences	Families Acceptable physical contact Being a good friend Self praise	Setting a goal Successes and achievements Challenges	How to be healthy Dangers of household items/medicines Road safety	Similarities & differences to peers Introduce bullying Making friends How we are special and unique	How I've changed Naming boy/girl body parts Private parts
<b>Year 2</b>	Rights and responsibilities Worries Choices/ consequences	Families Positive friendships Working with others Secrets Safe touch	Perseverance Setting achievable goals Identifying strengths	Body health Relaxed/stressed Medicines Weak and strong feelings	Bullying - feelings, differences Differences between girls/boys Intro stereotypes	Changes in humans Physical differences between boys/girls Naming body parts
<b>Year 3</b>	Self esteem Rules Working cooperatively Rewards/consequences	Families Family stereotypes Conflict	Identifying dreams and goals Overcoming obstacles Feeling proud	Exercise for body/mind Feeling anxious/scared Drugs	Bullying - problem solving Different families Power of words	Growth of babies Girls and boys body changes
<b>Year 4</b>	Working cooperatively Welcoming others Rewards and consequences	Types of relationship Close relationships Loss of pets Self worth	Hopes and dreams Disappointments Steps to achieve goals Group successes	Positive friendships Smoking/alcohol Peer pressure	Assumption and accepting differences Bullying - problem solving Being unique	Internal/external body parts Menstruation
<b>Year 5</b>	Rights/responsibilities Working cooperatively British values Choices Empathy	Self worth Girlfriends/boyfriends Jealousy E safety - communication	Jobs/finance Dreams and goals of other cultures Supporting others	Smoking Alcohol First aid Body image	Cultural differences Racism Bullying Material wealth	Body image Puberty Conception
<b>Year 6</b>	Actions/consequences Choices- rewards/ consequences Working cooperatively		Steps to success World problems - worries, how can help Stress and pressure	Food Drugs/alcohol First aid Mental health	Significant people to us Loss of a person Grief Physical attraction	Puberty Conception - Birth Attraction

# Reception

<p>Autumn Term</p>	<p><b>Understanding me</b></p> <ul style="list-style-type: none"> <li>- I can start a game or an activity and invite others to join in</li> <li>- I can adapt my behaviour to different situations, events and changes in routine</li> <li>- I can understand and co-operate with some boundaries and routines</li> <li>- I can share my wants and needs e.g. toileting</li> <li>- I know that some actions can hurt or harm others</li> <li>- I know and understand the boundaries set - the class and school rules.</li> <li>- I can talk about behaviour and consequences.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- I can separate from my adult (with some support)</li> <li>- I can try new activities</li> <li>- I can play in a group and give/listen to others' ideas and allow play to keep going</li> <li>- I listen and take into account others' ideas about games to play/things to do</li> <li>- I know that actions have consequences</li> <li>- I know which behaviour is OK and which is not and am able to talk about it.</li> <li>- I can play well with others and listen and respond to how other feel and their ideas.</li> <li>- I am forming good relationships with other children and adults</li> </ul>
<p>Spring Term</p>	<p><b>Goals and Dreams</b></p> <ul style="list-style-type: none"> <li>- I can be confident when asking adults for help</li> <li>- I am beginning to be able to negotiate and solve problems</li> <li>- I can be positive about myself and talk about what I am good at</li> <li>- I can respond to the feelings and needs of others</li> <li>- I can show affection and concern for others</li> <li>- I value praise for what I have done</li> <li>- I can ask a familiar adult for support</li> <li>- I can share experiences with others</li> <li>- I can explain my own knowledge and understanding</li> </ul>	<p><b>Looking after me</b></p> <ul style="list-style-type: none"> <li>- I can say why and how things happen</li> <li>- I can say what happens to my body after exercise</li> <li>- I understand that by being active and exercising it will make me healthy</li> <li>- I know why it is important to eat a healthy diet</li> <li>- I understand that things including myself grow and change</li> <li>- I can say when I am feeling tired or hungry</li> </ul>
<p>Summer Term</p>	<p><b>Celebrating difference</b></p> <ul style="list-style-type: none"> <li>- I can ask appropriate questions of others</li> <li>- I can show sensitivity to others' needs and feelings</li> <li>- I can talk about my own home and community</li> <li>- I can speak to others about my own needs, wants, interests and opinions</li> <li>- I can demonstrate friendly behaviour and initiate conversations</li> <li>- I can accept the needs of others</li> <li>- I can keep play going by responding to what others are saying or doing.</li> <li>- I am beginning to be able to negotiate and solve problems</li> </ul>	<p><b>Changing me</b></p> <ul style="list-style-type: none"> <li>- I understand that everyone is special and unique</li> <li>- I can talk about what I like doing and why,</li> <li>- I can show love and concern for people who are special to me</li> <li>- I am aware of my friends' needs and feelings</li> <li>- I can talk within a familiar group and share my own ideas</li> <li>- I can talk about and share my own experiences from outside of school.</li> <li>- I know when I am sad, happy, excited, etc.</li> <li>- I am more outgoing and confident in new situations.</li> </ul>

# Year 1

Autumn Term	<p><b>Understanding me</b></p> <ul style="list-style-type: none"> <li>- I understand the rights and responsibilities as a member of my class (GROW, School rules)</li> <li>- I feel special and safe in my class</li> <li>- I know that I belong to my class</li> <li>- I know how to make my class a safe place for everybody to learn</li> <li>- I recognise how it feels to be proud of an achievement</li> <li>- I know my views are valued and can contribute to the Learning Charter</li> <li>- I recognise the range of feelings when I face certain consequences</li> <li>- I can name feelings that follow actions.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- I know how it feels to belong to a family and care about the people who are important to me</li> <li>- I can identify the members of my family and understand that there are lots of different types of families</li> <li>- I can recognise which forms of physical contact are acceptable and unacceptable to me</li> <li>- I can recognise my qualities as person and a friend</li> <li>- I can identify what being a good friend means to me and I can express how I feel about them</li> <li>- I know ways to praise myself</li> </ul>
Spring Term	<p><b>Goals and Dreams</b></p> <ul style="list-style-type: none"> <li>- I can set a goal and work out how to achieve it</li> <li>- I can identify my successes and achievements</li> <li>- I can tell you how I learn best</li> <li>- I understand how to work well with a partner</li> <li>- I can tackle a new challenge and understand this might stretch my learning</li> <li>- I know how I feel when I see obstacles and how I feel when I overcome them</li> </ul>	<p><b>Looking after me</b></p> <ul style="list-style-type: none"> <li>- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</li> <li>- I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly SIMPLIFY cover medication</li> <li>- I know how to keep safe when crossing the road, and about people who can help me to stay safe</li> <li>- I can recognise when I feel frightened and know who to ask for help</li> <li>- I can recognise that every emotion is normal</li> <li>- I can discuss how to manage my emotions</li> </ul>
Summer Term	<p><b>Celebrating difference</b></p> <ul style="list-style-type: none"> <li>- I can tell you some ways I am different from my friends/peers</li> <li>- I can identify similarities between people in my class</li> <li>- I can tell you what bullying is</li> <li>- I understand how being bullied might feel</li> <li>- I know how to make new friends</li> <li>- I understand these differences make us all special and unique</li> </ul>	<p><b>Changing me</b></p> <ul style="list-style-type: none"> <li>- I am starting to understand the life cycles of animals and humans</li> <li>- I can tell you how my body has changed since I was a baby</li> <li>- I know that changes are OK and that sometimes they will happen whether I want them to or not</li> <li>- 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</li> <li>- I respect my body and understand which parts are private</li> </ul>



# Year 2

<p>Autumn Term</p>	<p><b>Understanding me</b></p> <ul style="list-style-type: none"> <li>- I can identify some of my hopes and fears for this year</li> <li>- I understand the rights and responsibilities for being a member of my class and school</li> <li>- I recognise when I feel worried and know who to ask for help (link to self regulation)</li> <li>- I can help to make my class a safe and fair place</li> <li>- I can recognise the choices I make and understand the consequences</li> <li>- I can recognise what is right and wrong and know how to look after myself (CD)</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- I know some ways to make new friends (BMIMWV)</li> <li>- I accept that everyone's family is different and know that most people value their family</li> <li>- 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</li> <li>- I understand there are different types of touch and can tell you which ones I like and don't like</li> <li>- I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</li> <li>- I can recognise who it is easy for me to work with and who it is more difficult for me to work with</li> <li>- I can work cooperatively (BMIMWV)</li> <li>- I understand how working with other people can help me to learn (D&amp;G)</li> <li>- I can identify some of the things that cause conflict with my friends</li> <li>- I am comfortable accepting appreciation from others</li> <li>- I recognise and appreciate people who can help me in my family, my school and my community</li> </ul>
<p>Spring Term</p>	<p><b>Goals and Dreams</b></p> <ul style="list-style-type: none"> <li>- I can persevere even when I find tasks difficult (growth mindset/resilience)</li> <li>- I can choose a realistic goal and think about how to achieve it</li> <li>- I can identify my successes and achievements and know how this makes me proud (link to mental health)</li> <li>- I can tell you some of my strengths as a learner</li> </ul>	<p><b>Looking after me</b></p> <ul style="list-style-type: none"> <li>- I know what I need to keep my body healthy</li> <li>- I am positively motivated to make healthy and balanced lifestyle choices</li> <li>- 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</li> <li>- I understand how medicines work in my body and how important it is to use them safely</li> <li>- I can tell you when a feeling is weak and when a feeling is strong</li> </ul>
<p>Summer Term</p>	<p><b>Celebrating difference</b></p> <ul style="list-style-type: none"> <li>- I can tell you some ways I am different from my friends</li> <li>- I understand differences make us all special and unique</li> <li>- I know when and how to stand up for myself and others</li> <li>- I know to get help if I am being bullied</li> <li>- I can tell you how someone who is bullied feels</li> <li>- I can be kind to children who are bullied</li> <li>- I understand that bullying is sometimes about difference</li> <li>- I understand some ways in which boys and girls are similar and feel good about this and accept this is ok.</li> <li>- I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).</li> </ul>	<p><b>Changing me</b></p> <ul style="list-style-type: none"> <li>- I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</li> <li>- I understand there are some changes that are outside my control and can recognise how I feel about this</li> <li>- 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</li> <li>- I feel proud about becoming more independent</li> </ul>

# Year 3

<p>Autumn Term</p>	<p><b>Understanding me</b></p> <ul style="list-style-type: none"> <li>- I recognise my worth and can identify positive things about myself and my achievements.</li> <li>- I can face new challenges positively, make responsible choices and ask for help when I need it</li> <li>- I know who to ask for help if I am worried or concerned (R)</li> <li>- I understand why rules are needed and how they relate to rights and responsibilities</li> <li>- I can make responsible choices and take action</li> <li>- I can work cooperatively in a group</li> <li>- I understand that my behaviour brings rewards/consequences</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- I can identify the roles and responsibilities of each member of my family</li> <li>- I can start to recognise stereotypical ideas I might have about parenting and family roles (CM)</li> <li>- I can describe how taking some responsibility in my family and friendships groups makes me feel</li> <li>- I can identify and put into practice some of the skills of friendship eg. Taking turns, being a good listener</li> <li>- I understand that my actions affect myself and others and I care about other people's feelings (BMIMWV)</li> <li>- I know how to express my appreciation to my friends and family</li> <li>- I know how to negotiate in conflict situations to try to find a solution</li> </ul>
<p>Spring Term</p>	<p><b>Goals and Dreams</b></p> <ul style="list-style-type: none"> <li>- I can tell you about a person who has faced difficult challenges and achieved success</li> <li>- I can set personal goals (BMIMWV)</li> <li>- I can identify a dream that is important to me</li> <li>- I enjoy facing new learning challenges and working out the best ways for me to achieve them</li> <li>- I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge</li> <li>- I can recognise obstacles which might hinder my achievement and can take steps to overcome them</li> <li>- I can manage the feelings of frustration that may arise when obstacles occur</li> <li>- I can evaluate my own learning process and identify how it can be better next time</li> <li>- I can share my success with others and feel proud of what I've achieved.</li> </ul>	<p><b>Looking after me</b></p> <ul style="list-style-type: none"> <li>- I understand how exercise affects my body and my mind.</li> <li>- 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</li> <li>- I can express how being anxious or scared feels</li> <li>- I can tell you my knowledge and attitude towards drugs</li> <li>- I understand that, like medicines, some household substances can be harmful if not used correctly</li> <li>- I respect my body and appreciate what it does for me</li> </ul>
<p>Summer Term</p>	<p><b>Celebrating difference</b></p> <ul style="list-style-type: none"> <li>- I value myself and know how to make someone else feel welcome and valued (BMIMWV)</li> <li>- I can problem-solve a situation with others</li> <li>- I know that witnesses can make the situation better or worse by what they do</li> <li>- I can empathise with children whose lives are different to mine and appreciate what I may learn from them (relation)</li> <li>- I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. (relationships)</li> <li>- I can explain how some of the actions and work of people around the world help and influence my life (relation)</li> <li>- I understand that everybody's family is different and important to them</li> <li>- I understand that differences and conflicts sometimes happen among family members</li> <li>- I recognise that some words are used in hurtful ways and try not to use them (e.g. gay, fat)</li> </ul>	<p><b>Changing me</b></p> <ul style="list-style-type: none"> <li>- 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</li> <li>- I understand how babies grow and develop in the mother's uterus</li> <li>- I understand what a baby needs to live and grow</li> <li>- I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</li> <li>- I can identify how boys' and girls' bodies change on the outside during when growing up</li> <li>- 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</li> <li>- I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</li> <li>- I can identify what I am looking forward to when I am in Year 4</li> <li>- I can think about changes I will make when I am in Year 4 and know how to go about this</li> </ul>

# Year 4

<p>Autumn Term</p>	<p><b>Understanding me</b></p> <ul style="list-style-type: none"> <li>- I understand how groups come together to make decisions.</li> <li>- I know how good it feels to be included in a group and understand how it feels to be excluded</li> <li>- I understand how rewards and consequences motivate people's behaviour</li> <li>- I try to make people feel welcome and valued</li> <li>- I can take on a role in a group and contribute to the overall outcome</li> <li>- I understand my roles and responsibilities within the school community.</li> <li>- I understand how democracy and having a voice benefits the school community</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them</li> <li>- I can identify someone I love and can express why they are special to me</li> <li>- I understand that we can remember people even if we no longer see them</li> <li>- I understand how people feel when they love a special pet and that it can be hard to lose them.</li> <li>- I can love and be loved</li> </ul>
<p>Spring Term</p>	<p><b>Goals and Dreams</b></p> <ul style="list-style-type: none"> <li>- I can tell you about some of my hopes and dreams</li> <li>- I understand that sometimes hopes and dreams do not come true and that this can hurt</li> <li>- I know how to cope with disappointment and how to help others cope with theirs</li> <li>- I know what it means to be resilient and to have a positive attitude</li> <li>- I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group</li> <li>- I can identify the contributions and successes made by myself and others to a group's achievement</li> </ul>	<p><b>Looking after me</b></p> <ul style="list-style-type: none"> <li>- I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most</li> <li>- 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</li> <li>- I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</li> <li>- I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</li> <li>- I can recognise when people are putting me under pressure and can explain ways to resist this when I want</li> <li>- I know myself well enough to have a clear picture of what I believe is right and wrong</li> </ul>
<p>Summer Term</p>	<p><b>Celebrating difference</b></p> <ul style="list-style-type: none"> <li>- I understand that, sometimes, we make assumptions based on what people look like</li> <li>- I can question why I think what I do about other people</li> <li>- 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</li> <li>- I can problem-solve a bullying situation with others</li> <li>- I like and respect the unique features of my physical appearance</li> <li>- I can explain why it is good to accept people for who they are</li> </ul>	<p><b>Changing me</b></p> <ul style="list-style-type: none"> <li>- I appreciate that I am a truly unique human being and my characteristics are inherited from my parents.</li> <li>- I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</li> <li>- I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</li> <li>- I have strategies to help me cope with the physical and emotional changes I will experience during puberty</li> <li>- I know how the circle of change works and can apply it to changes I want to make in my life</li> <li>- I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</li> <li>- I can identify what I am looking forward to when I am in Year 5</li> <li>- I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</li> </ul>

# Year 5

<p>Autumn Term</p>	<p><b>Understanding me</b></p> <ul style="list-style-type: none"> <li>- I can face new challenges positively and know how to set personal goals</li> <li>- I understand my rights and responsibilities as a British citizen</li> <li>- I can empathise with people in this country whose lives are different to my own</li> <li>- I can make choices about my own behaviour because I understand how rewards and consequences feel</li> <li>- I can contribute to the group and understand how we can function best as a whole</li> <li>- I understand how democracy and having a voice benefits the school community and know how to participate in this</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</li> <li>- I know how to keep building my own self- esteem</li> <li>- I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</li> <li>- I know how to stand up for myself and how to negotiate and compromise</li> <li>- I understand that relationships are personal and there is no need to feel pressurised into having a boyfriend/ girlfriend</li> <li>- I can recognise the feeling of jealousy, where it comes from and how to manage it</li> <li>- I understand how to stay safe when using technology to communicate with my friends</li> <li>- I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others.</li> </ul>
<p>Spring Term</p>	<p><b>Goals and Dreams</b></p> <ul style="list-style-type: none"> <li>- I understand that I will need money to help me achieve some of my dreams</li> <li>- I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</li> <li>- 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</li> <li>- I can describe the dreams and goals of young people in a culture different to mine</li> <li>- 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</li> <li>- I understand why I am motivated to make a positive contribution to supporting others</li> </ul>	<p><b>Looking after me</b></p> <ul style="list-style-type: none"> <li>- I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</li> <li>- I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</li> <li>- I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</li> <li>- I understand how the media and celebrity culture promotes certain body types</li> <li>- 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</li> <li>- I respect and value my body</li> <li>- I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</li> </ul>
<p>Summer Term</p>	<p><b>Celebrating difference</b></p> <ul style="list-style-type: none"> <li>- I understand that cultural differences sometimes cause conflict</li> <li>- I understand what racism is</li> <li>- I am aware of my attitude towards people from different races</li> <li>- 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</li> <li>- 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</li> <li>- I can appreciate the value of happiness regardless of material wealth</li> <li>- I can enjoy the experience of a culture other than my own</li> <li>- I respect my own and other people's cultures</li> </ul>	<p><b>Changing me</b></p> <ul style="list-style-type: none"> <li>- I am aware of my own self-image and how my body image fits into that</li> <li>- I can explain how a girl's body changes during puberty</li> <li>- I understand the importance of looking after yourself physically and emotionally</li> <li>- I understand that puberty is a natural process that happens to everybody and that it will be ok for me</li> <li>- I can express how I feel about the changes that will happen to me during puberty</li> <li>- I understand that sexual intercourse can lead to conception and that is how babies are usually made</li> <li>- I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</li> <li>- I can start to think about changes I will make when I am in Year 6 and know how to go about this</li> </ul>

# Year 6

<p>Autumn Term</p>	<p><b>Understanding me</b></p> <ul style="list-style-type: none"> <li>- I understand how groups come together to make decisions.</li> <li>- I know how good it feels to be included in a group and understand how it feels to be excluded</li> <li>- I understand how rewards and consequences motivate people's behaviour</li> <li>- I try to make people feel welcome and valued</li> <li>- I can take on a role in a group and contribute to the overall outcome</li> <li>- I understand how groups come together to make decisions</li> <li>- I understand how democracy and having a voice benefits the school community</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them</li> <li>- I can identify someone I love and can express why they are special to me</li> <li>- I understand that we can remember people even if we no longer see them</li> <li>- I understand how people feel when they love a special pet and that it can be hard to lose them.</li> <li>- I can love and be loved</li> </ul>
<p>Spring Term</p>	<p><b>Goals and Dreams</b></p> <ul style="list-style-type: none"> <li>- I can tell you about some of my hopes and dreams</li> <li>- I understand that sometimes hopes and dreams do not come true and that this can hurt</li> <li>- I know how to cope with disappointment and how to help others cope with theirs</li> <li>- I know what it means to be resilient and to have a positive attitude</li> <li>- I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group</li> <li>- I can identify the contributions and successes made by myself and others to a group's achievement</li> </ul>	<p><b>Looking after me</b></p> <ul style="list-style-type: none"> <li>- I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most</li> <li>- 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</li> <li>- I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</li> <li>- I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</li> <li>- I can recognise when people are putting me under pressure and can explain ways to resist this when I want</li> <li>- I know myself well enough to have a clear picture of what I believe is right and wrong</li> </ul>
<p>Summer Term</p>	<p><b>Celebrating difference</b></p> <ul style="list-style-type: none"> <li>- I understand that, sometimes, we make assumptions based on what people look like</li> <li>- I can question why I think what I do about other people</li> <li>- 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</li> <li>- I can problem-solve a bullying situation with others</li> <li>- I like and respect the unique features of my physical appearance</li> <li>- I can explain why it is good to accept people for who they are</li> </ul>	<p><b>Changing me</b></p> <ul style="list-style-type: none"> <li>- I appreciate that I am a truly unique human being and my characteristics are inherited from my parents.</li> <li>- I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</li> <li>- I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</li> <li>- I have strategies to help me cope with the physical and emotional changes I will experience during puberty</li> <li>- I know how the circle of change works and can apply it to changes I want to make in my life</li> <li>- I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</li> <li>- I can identify what I am looking forward to when I am in Year 5</li> <li>- I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</li> </ul>

Weblinks - to be added to

<https://www.annafreud.org/schools-and-colleges/resources/> Anna freud website - Mental health resources

<https://rshp.scot> Relationships, Sexual health and parenthood website (Scotland)