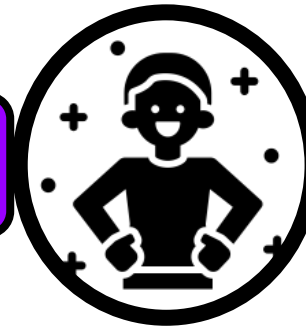
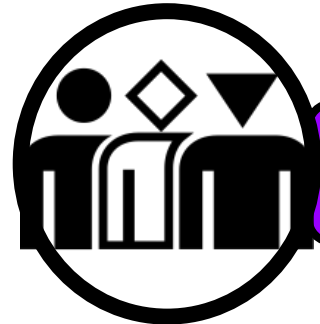


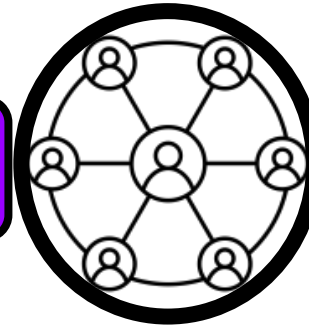
Being Me in My World



Healthy Me



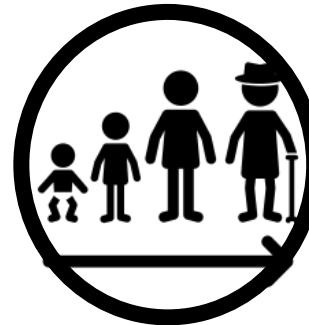
Celebrating Differences



Relationships



Dreams and Goals



Changing Me



Concept: Being Me in My World

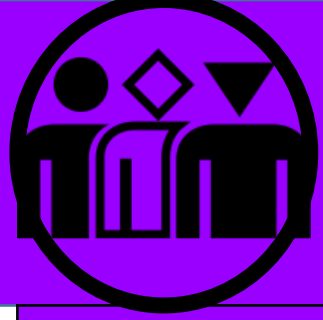
Summary

Year 3	Pupils will set personal goals, learn about self-identity and worth and explore positivity in challenges. They will learn about rules, rights and responsibilities and about rewards and consequences. They will learn about responsible choices and seeing things from others' perspectives.
Year 4	Pupils will learn about how to be a part of a class team and how to be a positive school citizen. They will develop their knowledge of rights and responsibilities and learn about democracy through the role of the school council. They will learn about the importance of having a voice and group decision making. They will develop their learning about rewards and consequences and they will learn about what motivates behaviour.
Year 5	Pupils will plan for the forthcoming year and will develop their knowledge of what it means to be a citizen of their country. They will develop their learning about rights and responsibilities and rewards and consequences. They will learn how behaviour affects groups. They will also develop their knowledge on democracy, having a voice and participation.
Year 6	Pupils will identify goals for the year ahead. They will develop their knowledge about citizens and explore what it means to be a global citizen. Pupils will learn about children's universal rights and develop their knowledge of democracy and pupil voice. They will learn about welcoming others, feeling valued, group dynamics, role-modelling and anti-social behaviour. They will develop their knowledge about choices, consequences and rewards.



Concept: Being Me in My World

	Knowledge	Social and Emotional Skills
Year 3	<ul style="list-style-type: none"> Understand that they are important Know what a personal goal is Understanding what a challenge is Know why rules are needed and how these relate to choices and consequences Know that actions can affect others' feelings Know that others may hold different views Know that the school has a shared set of values 	<ul style="list-style-type: none"> Recognise self-worth Identify personal strengths Be able to set a personal goal Recognise feelings of happiness, sadness, worry and fear in themselves and others Make other people feel valued Develop compassion and empathy for others Be able to work collaboratively
Year 4	<ul style="list-style-type: none"> Know how individual attitudes and actions make a difference to a class Know about the different roles in the school community Know their place in the school community Know what democracy is (applied to pupil voice in school) Know that their own actions affect themselves and others Know how groups work together to reach a consensus Know that having a voice and democracy benefits the school community 	<ul style="list-style-type: none"> Identify the feelings associated with being included or excluded Can make others feel valued and included Be able to take on a role in a group discussion / task and contribute to the overall outcome Can make others feel cared for and welcomed Recognise the feelings of being motivated or unmotivated Understand why the school community benefits from a Learning Charter Be able to help friends make positive choices Know how to regulate my emotions
Year 5	<ul style="list-style-type: none"> Know how to face new challenges positively Understand how to set personal goals Understand the rights and responsibilities associated with being a citizen in the wider community and their country Know how an individual's behaviour can affect a group and the consequences of this Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process 	<ul style="list-style-type: none"> Be able to identify what they value most about school Identify hopes for the school year Empathy for people whose lives are different from their own Consider their own actions and the effect they have on themselves and others Be able to work as part of a group, listening and contributing effectively Understand why the school community benefits from a Learning Charter Be able to help friends make positive choices Know how to regulate my emotions
Year 6	<ul style="list-style-type: none"> Know how to set goals for the year ahead Understand what fears and worries are Know about children's universal rights (United Nations Convention on the Rights of the Child) Know about the lives of children in other parts of the world Know that personal choices can affect others locally and globally Understand that their own choices result in different consequences and rewards Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process 	<ul style="list-style-type: none"> Be able to make others feel welcomed and valued Know own wants and needs Be able to compare their life with the lives of those less fortunate Demonstrate empathy and understanding towards others Can demonstrate attributes of a positive role-model Can take positive action to help others Be able to contribute towards a group task Know what effective group work is Know how to regulate my emotions



Concept: Celebrating Differences

Summary

Year 3

Pupils will learn about families and their differences. They will learn about family conflicts and how to manage it from a child centred approach. They will learn about witnessing bullying and how to solve it. They will recognise how some words can be hurtful and they will learn about giving and receiving compliments. Pupils will learn about hidden disabilities and learn how this can affect someone's life. They will learn about road and travel safety.

Year 4

Pupils will learn about challenging assumptions, first impressions and judging by appearance. They will learn about accepting self and others and they will learn about understanding influences. They will learn how to identify how special and unique everyone is. They will learn how to problem solve and develop their knowledge and understanding of bullying. Pupils will learn about train line safety.

Year 5

Pupils will learn about cultural differences and how they can cause conflict. Through this, they will enjoy and respect other cultures. Pupils will learn about racism, rumours and name-calling. They will develop their knowledge of witnessing bullying and will explore different types of bullying. They will learn about material wealth and happiness, and will learn about knife crime.

Year 6

Pupils will learn about perceptions of normality and will develop their knowledge about disabilities. They will explore power struggles and develop their knowledge of bullying. Pupils will learn about inclusion and exclusion and develop their knowledge of differences as conflict and differences as celebration. They will also develop their knowledge of empathy and knife crime.



Concept: Celebrating Differences

	Knowledge	Social and Emotional Skills
Year 3	<ul style="list-style-type: none"> • Know why families are important • Know that everybody's family is different • Know that sometimes family members don't get along and some reasons for this • Know that conflict is a normal part of relationships • Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do • Know that some words are used in hurtful ways and that this can have consequences • Know how to keep themselves safe travelling to and from school 	<ul style="list-style-type: none"> • Be able to show appreciation for their families, parents and carers • Use the 'Solve it together' technique to calm and resolve conflicts with friends and family • Empathise with people who are bullied • Employ skills to support someone who is bullied • Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary • Be able to recognise, accept and give compliments • Recognise feelings associated with receiving a compliment • Value myself and my opinions
Year 4	<ul style="list-style-type: none"> • Know that sometimes people make assumptions about a person because of the way they look or act • Know there are influences that can affect how we judge a person or situation • Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying • Know what to do if they think bullying is, or might be taking place • Know the reasons why witnesses sometimes join in with bullying and don't tell anyone • Know that first impressions can change • Know how to keep safe, who to go to for support and how to call emergency services 	<ul style="list-style-type: none"> • Try to accept people for who they are • Identify influences that have made them think or feel positively/negatively about a situation • Identify feelings that a bystander might feel in a bullying situation • Identify reasons why a bystander might join in with bullying • Revisit the 'Solve it together' technique to practise conflict and bullying scenarios • Identify their own uniqueness • Be comfortable with the way they look • Identify when a first impression they had was right or wrong • Be non-judgemental about others who are different • Express how being anxious or scared feels
Year 5	<ul style="list-style-type: none"> • Know what culture means • Know that differences in culture can sometimes be a source of conflict • Know what racism is and why it is unacceptable • Know that rumour spreading is a form of bullying on and offline • Know external forms of support in regard to bullying e.g. Childline • Know that bullying can be direct and indirect • Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do • Know how their life is different from the lives of children in the developing world • Know why people may carry knives 	<ul style="list-style-type: none"> • Identify their own culture and different cultures within their class community • Identify their own attitudes about people from different faith and cultural backgrounds • Identify a range of strategies for managing their own feelings in bullying situations • Identify some strategies to encourage children who use bullying behaviours to make other choices • Be able to support children who are being bullied • Appreciate the value of happiness regardless of material wealth • Develop respect for cultures different from their own • Identify ways to keep themselves and others safe when out alone or with friends
Year 6	<ul style="list-style-type: none"> • Know that there are different perceptions of 'being normal' and where these might come from • Know that being different could affect someone's life • Know that power can play a part in a bullying or conflict situation • Know that people can hold power over others individually or in a group • Know why some people choose to bully others • Know that people with disabilities can lead amazing lives • Know that difference can be a source of celebration as well as conflict • Know why people may carry knives 	<ul style="list-style-type: none"> • Empathise with people who are different and be aware of my own feelings towards them • Identify feelings associated with being excluded • Be able to recognise when someone is exerting power negatively in a relationship • Use a range of strategies when involved in a bullying situation or in situations where difference is a source of conflict • Identify different feelings of the bully, bullied and bystanders in a bullying scenario • Be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens • Appreciate people for who they are • Show empathy • Identify ways to keep themselves and others safe when out alone or with friends



Concept: Dreams and Goals

Summary

Year 3

Pupils will learn about difficult challenges and achieving success. They will learn about new challenges, dreams, ambitions, motivation and enthusiasm. Pupils will learn how to recognise and try to overcome obstacles. They will learn how to manage feelings and evaluate learning processes. They will learn about simple budgeting.

Year 4

Pupils will develop their knowledge about hopes and dreams and how to overcome disappointment. They will learn how to create new, realistic dreams and how to achieve their goals. They will learn how to work in a group and celebrate contributions. Pupils will learn about resilience and positive attitudes.

Year 5

Pupils will learn about motivation, future dreams, jobs and carers. They will consider what makes a dream job and how to get there. They will develop their knowledge about money and learn about the importance of it. Pupils will learn about goals in different cultures and how to support others (charity work).

Year 6

Pupils will develop their knowledge of motivation and learning goals, in and out of school. They will develop their knowledge of recognising achievements and compliments. They will learn how to make a difference in the world. Pupils will learn about success criteria and emotions in success.



Concept: Dreams and Goals

	Knowledge	Social and Emotional Skills
Year 3	<ul style="list-style-type: none"> Know about specific people who have overcome difficult challenges to achieve success Know what dreams and ambitions are important to them Know how they can best overcome learning challenges Know that they are responsible for their own learning Know what their own strengths are as a learner Know what an obstacle is and how they can hinder achievement Know how to take steps to overcome obstacles Know how to evaluate their own learning progress and identify how it can be better next time 	<ul style="list-style-type: none"> Recognise other people's achievements in overcoming difficulties Imagine how it will feel when they achieve their dream / ambition Can break down a goal into small steps Recognise how other people can help them to achieve their goals Can manage feelings of frustration linked to facing obstacles Can share their success with others Can store feelings of success (in their internal treasure chest) to be used at another time
Year 4	<ul style="list-style-type: none"> Know what their own hopes and dreams are Know that hopes and dreams don't always come true Know that reflecting on positive and happy experiences can help them to counteract disappointment Know how to make a new plan and set new goals even if they have been disappointed Know how to work out the steps they need to take to achieve a goal Know how to work as part of a successful group Know how to share in the success of a group 	<ul style="list-style-type: none"> Can talk about their hopes and dreams and the feelings associated with these Can identify the feeling of disappointment Can identify a time when they have felt disappointed Be able to cope with disappointment Help others to cope with disappointment Can identify what resilience is Have a positive attitude Enjoy being part of a group challenge Can share their success with others Can store feelings of success (in their internal treasure chest) to be used at another time
Year 5	<ul style="list-style-type: none"> Know that they will need money to help them to achieve some of their dreams Know about a range of jobs that are carried out by people they know Know that different jobs pay more money than others Know the types of job they might like to do when they are older Know that young people from different cultures may have different dreams and goals Know that communicating with someone from a different culture means that they can learn from them and vice versa Know ways that they can support young people in their own culture and abroad 	<ul style="list-style-type: none"> Verbalise what they would like their life to be like when they are grown up Appreciate the contributions made by people in different jobs Appreciate the opportunities learning and education can give them Reflect on the differences between their own learning goals and those of someone from a different culture Appreciate the differences between themselves and someone from a different culture Understand why they are motivated to make a positive contribution to supporting others
Year 6	<ul style="list-style-type: none"> Know their own learning strengths Know how to set realistic and challenging goals Know what the learning steps are that they need to take to achieve their goal Know a variety of problems that the world is facing Know how to work with other people to make the world a better place Know some ways in which they could work with others to make the world a better place Know what their classmates like and admire about them 	<ul style="list-style-type: none"> Understand why it is important to stretch the boundaries of their current learning Set success criteria so that they know when they have achieved their goal Recognise the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances Empathise with people who are suffering or living in difficult situations Be able to give praise and compliments to other people when they recognise that person's achievements



Concept: Healthy Me

Summary

Year 3	Pupils will learn about exercise and fitness challenges. They will learn about food labelling and healthy swaps. Pupils will learn about attitudes towards drugs and they will learn how to keep safe and why it is important online and offline. They will learn how to respect themselves and others and make healthy and safe choices.
Year 4	Pupils will learn about healthy friendships and group dynamics. They will learn about assertiveness and peer pressure. Pupils will learn about smoking and alcohol and will learn how to celebrate inner strength.
Year 5	Pupils will develop their knowledge about smoking and learn about vaping and they will develop their knowledge about alcohol and learn about anti-social behaviour. They will learn about emergency aid and body image. Pupils will learn about relationships with food and how to make healthy choices. They will learn about motivation and behaviour.
Year 6	Pupils will learn about taking personal responsibility. They will develop their knowledge about how substances affect the body. Pupils will learn about exploitation, including county lines and gang culture. They will learn about emotional and mental health, along with managing stress.

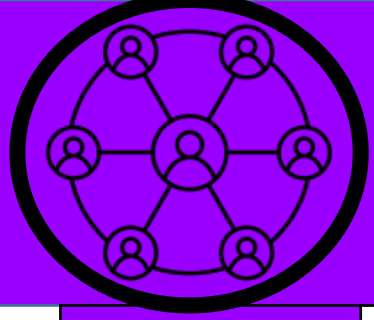


Concept: Healthy Me

Knowledge

Social and Emotional Skills

	Knowledge	Social and Emotional Skills
Year 3	<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know why their hearts and lungs are such important organs • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know that there are different types of drugs • Know that there are things, places and people that can be dangerous • Know a range of strategies to keep themselves safe • Know when something feels safe or unsafe • Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> • Able to set themselves a fitness challenge • Recognise what it feels like to make a healthy choice • Identify how they feel about drugs • Can express how being anxious or scared feels • Can take responsibility for keeping themselves and others safe • Respect their own bodies and appreciate what they do
Year 4	<ul style="list-style-type: none"> • Know how different friendship groups are formed and how they fit into them • Know which friends they value most • Know that there are leaders and followers in groups • Know that they can take on different roles according to the situation • Know the facts about smoking and its effects on health • Know some of the reasons some people start to smoke • Know the facts about alcohol and its effects on health, particularly the liver • Know some of the reasons some people drink alcohol • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong 	<ul style="list-style-type: none"> • Can identify the feelings that they have about their friends and different friendship groups • Recognise how different people and groups they interact with impact on them • Identify which people they most want to be friends with • Recognise negative feelings in peer pressure situations • Can identify the feelings of anxiety and fear associated with peer pressure • Can tap into their inner strength and know how to be assertive
Year 5	<ul style="list-style-type: none"> • Know the health risks of smoking • Know how smoking tobacco affects the lungs, liver and heart • Know some of the risks linked to misusing alcohol, including antisocial behaviour • Know basic emergency procedures including the recovery position • Know how to get help in emergency situations • Know that the media, social media and celebrity culture promotes certain body types • Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure • Know what makes a healthy lifestyle 	<ul style="list-style-type: none"> • Can make informed decisions about whether or not they choose to smoke when they are older • Can make informed decisions about whether they choose to drink alcohol when they are older • Recognise strategies for resisting pressure • Can identify ways to keep themselves calm in an emergency • Can reflect on their own body image and know how important it is that this is positive • Accept and respect themselves for who they are • Respect and value their own bodies • Be motivated to keep themselves healthy and happy
Year 6	<ul style="list-style-type: none"> • Know how to take responsibility for their own health • Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses • Know how these different types of drugs can affect people's bodies, especially their liver and heart • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve • Know what it means to be emotionally well • Know that stress can be triggered by a range of things • Know that being stressed can cause drug and alcohol misuse 	<ul style="list-style-type: none"> • Are motivated to care for their own physical and emotional health • Are motivated to find ways to be happy and cope with life's situations without using drugs • Identify ways that someone who is being exploited could help themselves • Suggest strategies someone could use to avoid being pressured • Recognise that people have different attitudes towards mental health / illness • Can use different strategies to manage stress and pressure



Concept: Relationships

Summary

Year 3	Pupils will learn about family roles and responsibilities and will learn about friendships and negotiation. They will learn how to keep safe online and who to go to for help. They will learn how to be a global citizen and will learn how their choices can affect others. Pupils will have an awareness of how other children have different lives and will learn how to express appreciation for friends and family.
Year 4	Pupils will learn about jealousy, love and loss. They will learn about memories of loved ones and getting on and falling out. Pupils will develop their knowledge of how to show appreciation to people and animals. They will learn how to keep track of their money.
Year 5	Pupils will learn about self-recognition, self-worth and building self-esteem. They will develop their knowledge of online safety by learning about safer online communities, rights and responsibilities online, online gaming and gambling, reducing screen time and dangers of online grooming. Pupils will learn the SMARRT internet safety rules.
Year 6	Pupils will learn about mental health and how to identify mental health worries and sources of support. They will develop their knowledge about love, loss and how to manage their feelings. Pupils will learn about power, control and assertiveness. They will learn about boyfriends and girlfriends. They will develop their knowledge about technology safety and learn to take responsibility with technology use.

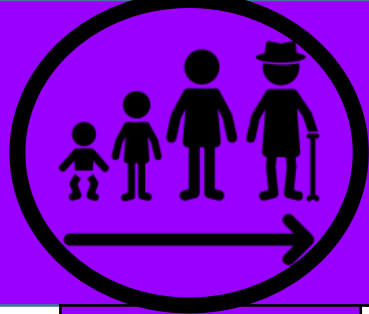


Concept: Relationships

Knowledge

Social and Emotional Skills

Year 3	Knowledge	Social and Emotional Skills
Year 4	<ul style="list-style-type: none"> • Know that different family members carry out different roles or have different responsibilities within the family • Know that gender stereotypes can be unfair • Know some of the skills of friendship, e.g. taking turns, being a good listener • Know some strategies for keeping themselves safe online • Know how some of the actions and work of people around the world help and influence my life • Know that they and all children have rights (UNCRC) • Know the lives of children around the world can be different from their own 	<ul style="list-style-type: none"> • Can identify the responsibilities they have within their family • Can use Solve-it-together in a conflict scenario and find a win-win outcome • Know how to access help if they are concerned about anything on social media or the internet • Can empathise with people from other countries who may not have a fair job/ less fortunate • Understand that they are connected to the global community in many different ways • Can identify similarities in children's rights around the world • Can identify their own wants and needs and how these may be similar or different from other children in school and the global community
Year 5	<ul style="list-style-type: none"> • Know some reasons why people feel jealousy • Know that jealousy can be damaging to relationships • Know that loss is a normal part of relationships • Know that negative feelings are a normal part of loss • Know that change is a natural part of relationships/ friendship • Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe • Know that memories can support us when we lose a special person or animal • Know how to keep track of their money • Know that there are different ways to pay for things 	<ul style="list-style-type: none"> • Can identify feelings and emotions that accompany jealousy • Can suggest positive strategies for managing jealousy • Can identify people who are special to them and express why • Can identify the feelings and emotions that accompany loss • Can suggest strategies for managing loss • Can tell you about someone they no longer see • Can identify why and how people decide to spend money
Year 6	<ul style="list-style-type: none"> • Know that a personality is made up of many different characteristics, qualities and attributes • Know that belonging to an online community can have positive and negative consequences • Know that there are rights and responsibilities in an online community or social network • Know that there are rights and responsibilities when playing a game online • Know that too much screen time isn't healthy • Know how to stay safe when using technology to communicate with friends 	<ul style="list-style-type: none"> • Can suggest strategies for building self-esteem of themselves and others • Can identify when an online community / social media group feels risky, uncomfortable, or unsafe • Can suggest strategies for staying safe online/social media • Can say how to report unsafe online / social network activity • Can identify when an online game is safe or unsafe • Can suggest ways to monitor and reduce screen time • Can suggest strategies for managing unhelpful pressures online or in social networks
Year 6	<ul style="list-style-type: none"> • Know that it is important to take care of their own mental health • Know ways that they can take care of their own mental health • Know the stages of grief and that there are different types of loss that cause people to grieve • Know that sometimes people can try to gain power or control them • Know some of the dangers of being 'online' • Know how to use technology safely and positively to communicate with their friends and family 	<ul style="list-style-type: none"> • Recognise that people can get problems with their mental health and that it is nothing to be ashamed of • Can help themselves and others when worried about a mental health problem • Recognise when they are feeling grief and have strategies to manage them • Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control • Can resist pressure to do something online that might hurt themselves or others • Can take responsibility for their own safety and well-being • Can suggest ways to manage relationship changes including how to negotiate



Concept: Changing Me

Summary

Year 3	Pupils will learn about family stereotypes and will learn to challenge their own ideas. They will learn about how babies grow and understand a baby's needs. Pupils will learn about sun and water safety. They will learn about how some people may behave differently online and they will prepare for transitioning to the next year group.
Year 4	Pupils will learn about being unique, having confidence in change, accepting change and environmental change. Pupils will develop their knowledge about how to stay safe near water and they will develop their understanding of attitudes towards money. They will prepare for transitioning to the next year group.
Year 5	Pupils will learn about self and body image and the influence of online and media on body image. They will learn about their growing responsibilities and how to cope with change. They will learn about healthy teeth and gums, how to stay safe around fire and fireworks and will develop their knowledge about how to stay safe near water. Pupils will prepare for transitioning to the next year group.
Year 6	Pupils will develop their knowledge about self image and body image. They will learn about their real self and ideal self. Pupils will develop their knowledge about water safety. They will learn about puberty, feelings and respect. Pupils will prepare for transitioning to secondary school.



Concept: Changing Me

	Knowledge	Social and Emotional Skills
Year 3	<ul style="list-style-type: none"> • Know how to keep safe around water • Know that in animals and humans lots of changes happen between birth and growing up • Know that in nature it is usually the female that carries the baby • Know how to keep safe around the sun • Know ways people may behave differently online • Know that not everything online is true, including who people say they are 	<ul style="list-style-type: none"> • Can take responsibility to keep themselves and others safe around water • Can express how they feel about babies • Can identify stereotypical family roles and challenge these ideas • Can identify changes they are looking forward to in the next year • Can suggest ways to help them manage feelings during changes they are more anxious about • Can take responsibility to keep themselves and others safe around the sun • Can say who they can talk to about online safety if they are worried
Year 4	<ul style="list-style-type: none"> • Know how to keep safe around water • Know that change is a normal part of life and that some cannot be controlled and have to be accepted • Know that change can bring about a range of different emotions • Know that spending decisions can affect others and the environment 	<ul style="list-style-type: none"> • Can take responsibility to keep themselves and others safe around water • Can appreciate their own uniqueness and that of others • Can apply the circle of change model to themselves to have strategies for managing change • Can identify changes they are looking forward to in the next year • Have strategies for managing the emotions relating to change • Can recognise different attitudes towards saving and spending money, and towards risk
Year 5	<ul style="list-style-type: none"> • Know how to keep safe around water • Know what perception means and that perceptions can be right or wrong • Know that becoming a teenager involves various changes and also brings growing responsibility • Know different ways to take care of oral hygiene • Know why oral hygiene is important • Know different ways to keep safe around fire and fireworks 	<ul style="list-style-type: none"> • Can take responsibility to keep themselves and others safe around water • Can celebrate what they like about their own and others' self-image and body-image • Can suggest ways to boost self-esteem of self and others • Can express how they feel about becoming a teenager • Can say who they can talk to if concerned about becoming a teenager/adult • Can recognise lifestyle choices people make can impact on dental health • Can recognise why other people may act different around fire and fireworks • Can identify changes they are looking forward to in the next year
Year 6	<ul style="list-style-type: none"> • Know how to keep safe around water • Know the importance of self-esteem and what they can do to develop it • Know what they are looking forward to and what they are worried about when thinking about transition to secondary school • Know that personal hygiene is important during puberty and as an adult • Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally 	<ul style="list-style-type: none"> • Can take responsibility to keep themselves and others safe around water • Recognise ways they can develop their own self-esteem • Can celebrate what they like about their own and others' self-image and body-image • Use strategies to prepare themselves emotionally for the transition (changes) to secondary school • Can express any concerns they have about puberty • Can say who they can talk to about puberty if they are worried • Can express how they feel about the changes that will happen to them during puberty