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| Theme - reception | Skills |  |
| Being me in my world |  Children will be able to – understand how it feels to belong and recognise similarities and differences start to recognise and manage feelingsenjoy working with others to make school a good place to beunderstand why it is good to be kind and use gentle hands start to understand children’s rights and learning what being responsible means | This runs alongside the First Aid for Feelings scheme. The objectives for all year groups are the same and are as follows: |
| Celebrating differences  | Children will be able to –identify something they are good at and understand everyone is good at different thingsunderstand that being different makes us all special know we are all different but the same in some waysverbalise why they think my home is special verbalise how to be a kind friendknow which words to use to stand up for themselves when someone says or does something unkind | *All year groups at an age appropriate level*To understand their feelingsPromote emotional intelligenceTo self-sooth so children can reduce unhealthy behavioursTo learn where it is safe to share their thoughts and feelingsTo provide children the wherewithal to have Control, Choice and Compassion |
| Dreams and Goals | Children will be able to – understand that if they persevere they can tackle challengescan tell you about a time they didn’t give up until they achieved their goalset a goal and work towards ituse kind words to encourage peopleunderstand the link between what they learn now and the job they might like to do when they are oldersay how they feel when they achieve a goal and know what it means to feel proud |  |
| Healthy Me | Children will be able to –understand they need to exercise to keep their body healthyunderstand how moving and resting are good for their bodyknow which foods are healthy and not so healthy and can make healthy eating choiceknow how to help themselves go to sleep and understand why sleep is good for themcan wash hands thoroughly and understand why this is important especially before eating and after toileting know what a stranger is and how to stay safe if a stranger approaches  |  |
| Relationships | Children will be able to – identify some of the jobs they do in families and how they feel like they belongknow how to make friends to stop from feeling lonelycan think of ways to solve problems and stay friendsstart to understand the impact of unkind wordcan use Calm Me time to manage feelingsknow how to be a good friend |  |
| Changing Me | Children will be able to – name parts of the bodytell some things they can do and foods they can eat to be healthyunderstand that we all grow from babies to adultsunderstand that we all grow from babies to adultstalk about worries and/or the things they are looking forward to about being in Year 1share memories of the best bits of this year in Reception |  |

Year 1 and 2

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| Breadth of Study | Skills |  |
| Being me in my world | Children will be able to –identify some hopes and fears for this yearunderstand the rights and responsibilities for being a member of class and schoolunderstand the rights and responsibilities for being a member of classlisten to other people and contribute own ideas about rewards and consequenceunderstand how following the Learning Charter will help learncan recognise the choices made and understand the consequences |  |
| Celebrating differences  | Children will be able to –start to understand that sometimes people make assumptions about boys and girls (stereotypes)understand that bullying is sometimes about differencerecognise what is right and wrong and know how to look after myselfunderstand that it is OK to be different from other people and to be friends with themtell you some ways I am different from my friends |  |
| Dreams and Goals | Children will be able to –set simple goalsset a goal and work out how to achieve itunderstand how to work well with a partnertackle a new challenge and understand this might stretch learningidentify obstacles which make it more difficult to achieve new challenge and can work out how to overcome themtell you how they felt when they succeeded in a new challenge and how it was celebrated |  |
| Healthy Me | Children will be able to – Know what they need to keep their bodies healthyShow or tell what relaxed means and know some things that make them relaxedUnderstand how medicines work and how important it is to use them correctlySort foods in the correct food groups and know which foods keep them healthyAke healthy snacks and explain why they are good for themDecide which foods to eat to give energy |  |
| Relationships | Children will be able to –Identify the different members of their family, understand their relationships with each of them and know why it is important to share and co-operateUnderstand that there are lots of forms of physical contact within a family and that some id acceptable and some notIdentify some of the things which cause conflict with their friendsUnderstand that sometimes it is good to keep a secret and sometimes it is not goodRecognise and appreciate people who can help them in their family, school and communityExpress their appreciation for the people in their special relationships |  |
| Changing Me | Children will be able to –Identify some of their hopes and fears for the yearUnderstand the rights and responsibilities for being a member of the class and schoolListen to other people and contribute their own ideas about rewards and consequencesUnderstand how following a learning charter will help them and others learnRecognise the choices they make and understand the consequences |  |

Year 3 and 4

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| Breadth of Study | Skills |  |
| Being me in my world | Children will be able to – Know that their attitudes and actions make a difference to the class teamUnderstand who is in their school community, the roles they play and how they fit inUnderstand how democracy works through the School CouncilUnderstand that their actions affect themselves and others; care about others’ feelings and try to empathise with themUnderstand how groups come together to make decisionsUnderstand how democracy and having a vote benefits the school community |  |
| Celebrating differences  | Children will be able to – Understand that sometimes assumptions are made based on what people look likeUnderstand what influences them to make assumptions based on how people lookSometimes bullying is hard to spot and they know what to do if they think it is going on but have uncertaintiesCan tell why witnesses sometimes join in with bullying and sometimes don’t tellIdentify what is special about themselves and value ways in which they are uniqueCan tell of a time when their first impression of someone changed when they got to know them |  |
| Dreams and Goals | Children will be able to – Tell about some of their hopes and dreamsUnderstand that sometimes hopes and dreams so not come true and this can hurtKnow that reflecting on positive and happy experiences can help counteract disappointmentKnow how to make a new plan and set new goals even if they have been disappointedKnow how to work out the steps to take to achieve a goal, and can do this successfully as part of a groupIdentify the contributions made by themselves and others to the group’s achievement |  |
| Healthy Me | Children will be able to – Recognise how different friendship groups are formed, how they fit into them and the friends they value the mostUnderstand that there are people who take on the roles of leaders or followers in a group, and they know the role they take on in different situationsUnderstand the facts about smoking and its effects o health, and also some of the reasons some people start to smokeUnderstand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons people drink alcoholRecognise when people are putting them under pressure and can explain ways to resist this when they wantKnow themselves well enough to have a clear picture of what they believe is right and wrong |  |
| Relationships | Children will be able to – Recognise situations which can cause jealousy in relationshipsIdentify someone they love and can express why they are special to themTell about someone they know that they no longer seeRecognise how friendships change, know how to make new friends and how they manage when they fall out with their friendsUnderstand what having a girlfriend/boyfriend might mean and that it is a special relationship for when they are olderKnow how to show love and appreciation to the people and animals who are special to them |  |
| Changing Me | Children will be able to – Understand that some of their personal characteristics have come from their birth parents and that this happens because they are made from the joining of the egg and spermCorrectly label the internal and external parts of the male and female bodies that are necessary for making a babyDescribe how a girl’s body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of thisKnow now the circle of change works and can apply it to changes they want to make in their lifeIdentify changes that have been and may continue to be outside their control that they learn to acceptIdentify what they are looking forward to when they move to a new class |  |

Year 5 and 6

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| Breadth of Study | Skills |  |
| Being me in my world | Children will be able to – Identify their goals for the year, understand their fears and worries about the future and know how to express themKnow that there are universal rights for all children but for many children these rights are not metUnderstand that their actions affect other people locally and globallyMake choices about their own behaviour because they understand how rewards and consequences feel and understand how they relate to rights and responsibilitiesUnderstand how an individual’s behaviour can impact on a groupUnderstand how democracy and having a voice benefits the school community |  |
| Celebrating differences  | Children will be able to – Understand there are different perceptions about what normal meansUnderstand how being different could affect someone’s lifeExplain some of the ways in which one person or a group can have power over anotherKnow some of the reasons why people use bullying behaviourGive examples of people with disabilities who lead amazing livesExplain ways which difference can be a source of conflict and a cause for celebration |  |
| Dreams and Goals | Children will be able to – know their learning strengths and can set realistic but challenging goals for themselves (both in and out of school)Work out the leaning steps they need to take to reach their goal and understand how to motivate themselves to work on itIdentify problems in the world that concern them and talk to other people about themWork with other people to help make the world a better placeDescribe some ways in which they can work with other people to help make the world a better placeKnow what some people in their class admire about them and can accept the praise |  |
| Healthy Me | Children will be able to – Take responsibility for their health and make choices that benefit their health and well-beingKnow about different types of drugs and their uses and effects on the body, particularly the heart and liverUnderstand that some people can be exploited and made to do things that are against the lawKnow why some people join gangs and the risks this involvesUnderstand what it means to be emotionally well and can explore people’s attitudes towards mental health/illnessRecognise stress and the triggers that cause this and understand how stress can cause drug and alcohol misuse |  |
| Relationships | Children will be able to – Know that it is important to take care of their mental healthKnow how to take care of their mental healthUnderstand that there are different stages of grief and that there are different types of loss that cause people to grieve. Recognise when people are trying to gain power or controlJudge whether something online is safe and helpful for themUse technology positively and safely to communicate with friends and family |  |
| Changing Me | Children will be able to – Be aware of their own self-image and how their bodies image fits into thatExplain how girls’ and boys’ bodies change during puberty and understand the importance of looking after themselves physically and emotionallyDescribe how a baby develops from conception through the 9 months of pregnancy and how it is bornUnderstand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girl/boyfriendBe aware of the importance of a positive self-esteem and what they can do to develop itIdentify what they are looking forward to and what worries them about the transistion to secondary school or moving to the next class |  |