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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 feelings  enjoy working with others to make school a good place to be  understand 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 things  understand that being different makes us all special  know we are all different but the same in some ways  verbalise why they think my home is special  verbalise how to be a kind friend  know 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 feelings  Promote emotional intelligence  To self-sooth so children can reduce unhealthy behaviours  To learn where it is safe to share their thoughts and feelings  To 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 challenges  can tell you about a time they didn’t give up until they achieved their goal  set a goal and work towards it  use kind words to encourage people  understand the link between what they learn now and the job they might like to do when they are older  say 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 healthy  understand how moving and resting are good for their body  know which foods are healthy and not so healthy and can make healthy eating choice  know how to help themselves go to sleep and understand why sleep is good for them  can 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 belong  know how to make friends to stop from feeling lonely  can think of ways to solve problems and stay friends  start to understand the impact of unkind word  can use Calm Me time to manage feelings  know how to be a good friend |  |
| Changing Me | Children will be able to –  name parts of the body  tell some things they can do and foods they can eat to be healthy  understand that we all grow from babies to adults  understand that we all grow from babies to adults  talk about worries and/or the things they are looking forward to about being in Year 1  share 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 year  understand the rights and responsibilities for being a member of class and school  understand the rights and responsibilities for being a member of class  listen to other people and contribute own ideas about rewards and consequence  understand how following the Learning Charter will help learn  can 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 difference  recognise what is right and wrong and know how to look after myself  understand that it is OK to be different from other people and to be friends with them  tell you some ways I am different from my friends |  |
| Dreams and Goals | Children will be able to –  set simple goals  set a goal and work out how to achieve it  understand how to work well with a partner  tackle a new challenge and understand this might stretch learning  identify obstacles which make it more difficult to achieve new challenge and can work out how to overcome them  tell 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 healthy  Show or tell what relaxed means and know some things that make them relaxed  Understand how medicines work and how important it is to use them correctly  Sort foods in the correct food groups and know which foods keep them healthy  Ake healthy snacks and explain why they are good for them  Decide 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-operate  Understand that there are lots of forms of physical contact within a family and that some id acceptable and some not  Identify some of the things which cause conflict with their friends  Understand that sometimes it is good to keep a secret and sometimes it is not good  Recognise and appreciate people who can help them in their family, school and community  Express 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 year  Understand the rights and responsibilities for being a member of the class and school  Listen to other people and contribute their own ideas about rewards and consequences  Understand how following a learning charter will help them and others learn  Recognise 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 team  Understand who is in their school community, the roles they play and how they fit in  Understand how democracy works through the School Council  Understand that their actions affect themselves and others; care about others’ feelings and try to empathise with them  Understand how groups come together to make decisions  Understand 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 like  Understand what influences them to make assumptions based on how people look  Sometimes bullying is hard to spot and they know what to do if they think it is going on but have uncertainties  Can tell why witnesses sometimes join in with bullying and sometimes don’t tell  Identify what is special about themselves and value ways in which they are unique  Can 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 dreams  Understand that sometimes hopes and dreams so not come true and this can hurt  Know that reflecting on positive and happy experiences can help 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 to take to achieve a goal, and can do this successfully as part of a group  Identify 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 most  Understand 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 situations  Understand the facts about smoking and its effects o health, and also some of the reasons some people start to smoke  Understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons people drink alcohol  Recognise when people are putting them under pressure and can explain ways to resist this when they want  Know 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 relationships  Identify someone they love and can express why they are special to them  Tell about someone they know that they no longer see  Recognise how friendships change, know how to make new friends and how they manage when they fall out with their friends  Understand what having a girlfriend/boyfriend might mean and that it is a special relationship for when they are older  Know 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 sperm  Correctly label the internal and external parts of the male and female bodies that are necessary for making a baby  Describe 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 this  Know now the circle of change works and can apply it to changes they want to make in their life  Identify changes that have been and may continue to be outside their control that they learn to accept  Identify 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 them  Know that there are universal rights for all children but for many children these rights are not met  Understand that their actions affect other people locally and globally  Make choices about their own behaviour because they understand how rewards and consequences feel and understand how they relate to rights and responsibilities  Understand how an individual’s behaviour can impact on a group  Understand 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 means  Understand how being different could affect someone’s life  Explain some of the ways in which one person or a group can have power over another  Know some of the reasons why people use bullying behaviour  Give examples of people with disabilities who lead amazing lives  Explain 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 it  Identify problems in the world that concern them and talk to other people about them  Work with other people to help make the world a better place  Describe some ways in which they can work with other people to help make the world a better place  Know 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-being  Know about different types of drugs and their uses and effects on the body, particularly the heart and liver  Understand that some people can be exploited and made to do things that are against the law  Know why some people join gangs and the risks this involves  Understand what it means to be emotionally well and can explore people’s attitudes towards mental health/illness  Recognise 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 health  Know how to take care of their mental health  Understand 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 control  Judge whether something online is safe and helpful for them  Use 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 that  Explain how girls’ and boys’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally  Describe how a baby develops from conception through the 9 months of pregnancy and how it is born  Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girl/boyfriend  Be aware of the importance of a positive self-esteem and what they can do to develop it  Identify what they are looking forward to and what worries them about the transistion to secondary school or moving to the next class |  |