

	Year 4	Year 5	Year 6
Relationships	- Understand the need to communicate clearly - Recognise that there are many ways to communicate - Understand what self-esteem is and why it is important - Know how to recognise bullying behaviour - Recognise right and wrong, what is fair and unfair and explain why. - Understand the nature and consequences of negative behaviours such as bullying and aggressiveness. - Know how to communicate their opinions in a group - Listen to and show consideration for other people's views - Understand the terms 'resilience' and 'persistence' and why these character traits are important - Face new challenges positively and know when to seek help - Recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships) - Recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice - Understand how we are all connected by our similarities - Recognise and respect similarities and differences between people - Know and understand how the make-up of family units can differ - Empathise with another viewpoint - Understand and appreciate the range of different cultures and religions represented within school - Learn about the need for tolerance for those of different faiths and beliefs - Know what a stereotype is, and how stereotypes can be unfair, negative or destructive - Understand the term 'diversity' and appreciate diversity within school - Learn about the need for tolerance for those who are different from us - Understand that everyone has different strengths and weaknesses - Recognise strengths and how they can contribute to different groups - Identify and talk about their own and others' strengths and weaknesses and how to improve - Self-assess, understanding how it help in future actions - Begin to reflect on their own worth as an individual by identifying positive things about themselves and their achievements	- Know the importance of permission-seeking and giving in relationships with friends, peers and adults - Recognise that there are many different ways to communicate - Understand the need for confidentiality in certain situations - Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed - Know and understand the importance of listening to others - Understand the role of the listener in any relationship - Understand the need to both listen and speak when communicating with others - Understand that there are many situations in which collaboration is necessary - Understand the need to develop teamwork skills - Recognise that there are many roles within a community - Understand the need to collaborate in a group - Situation - Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact - Know about and understand the importance of touch in a range of contexts - Know the difference between appropriate and inappropriate touches - Know how to recognise and report feelings of being unsafe or feeling bad about any adult - Know what a stereotype is, and how stereotypes can be unfair, negative or destructive - Understand the term 'diversity' and appreciate diversity within school - Learn about the need for tolerance for those who are different from us - To know what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships - To know that personal behaviour can affect other people; to recognise and model respectful behaviour online - To know that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely - To know that personal behaviour can affect other people; to recognise and model respectful behaviour online - To know about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation	- Know the importance of self-respect and how this links to their own happiness - Learn about racial discrimination and its impact on societies, past and present - Know what a stereotype is, and how stereotypes can be unfair, negative or destructive - Learn about gender discrimination and its impact - Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives - Learn about the importance of family within different cultures - Know that relationships can change as a result of growing up. - Know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong - Know that mental wellbeing is a normal part of daily life, in the same way as physical health - Know that bullying (including cyberbullying) has a negative and, often, lasting impact on mental wellbeing - Analyse the motivations and intentions of the characters in a short film depicting the start of the grooming process. - Provide the vocabulary needed to be able to describe an important part of the grooming process - Identify high and medium risks to their personal safety and begin to understand ways to prevent and navigate such risks. - Equip students to challenge peoples' motivations when in such situations. - Encourage students to practice four skills that they can use to identify, analyse and act in relation to the motivation of others; questioning skills, listening skills, thinking skills and action planning skills. - Identify when to ask for help from others. - Identify support networks and organisations you can talk to. - Practice communication skills needed to talk to family or friends about online grooming

Health and Wellbeing	• Know where different foods come from • Know about and understand the function of different food groups for a balanced diet • know about and understand the function of different food groups for a balanced diet • Recognise common risks to dental health and strategies to manage them. • Identify healthy snack choices • Interpret food labels to understand sugar content • Understand that everyone has different strengths and weaknesses • Know how to set realistic targets • Self-assess, understanding how this will help their future actions • Understand how to break down the steps needed to achieve a goal • Identify and talk about their own and others' strengths and weaknesses and how to improve • Reflect on the range of skills needed in different jobs • Use ICT safely including using software features and settings • Know how information and data is shared and used online • Know that for most people the internet is an integral part of life and has many benefits • Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing • Know why social media, some computer games and online gaming, for example, are age restricted • Know where and how to report concerns and get support with issues online • Develop strategies for managing and controlling strong feelings and emotions • Understand that family units can be different and can sometimes change • Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate • identify some of the physical changes that happen to bodies during puberty • explain that puberty begins and ends at different times for different people • use scientific vocabulary for external male and female body parts/genitalia	• Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking • use scientific vocabulary for external and internal male and female body parts • explain what happens during menstruation (periods) • explain how and why it is important to keep clean during puberty • describe ways of managing physical change • describe how emotions and relationships may change during puberty • explain where we can get the help and support we need in relation to puberty • respond to questions and give advice to others about puberty • understand the importance of making change in adopting a healthier lifestyle. • Understand what dental plaque is and how it forms. • Understand which foods and drinks cause tooth decay. L • Learn about dental health and the benefits of good oral health. • Understand the roles of different teeth and how to keep them healthy. • Discuss ways to promote good oral health and share the importance of keeping healthy. • Know the reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming • know about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact • know. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results • know about some of the different ways information and data is shared and used online, including for commercial purposes • Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings • Know about and understand the cyclic nature of life and how death is an inevitable part of this cycle • Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed • Understand the need for empathy when peers are experiencing conflict at home	• Understand the term consent and begin to think about situations where you can assist. • Exploring own actions when in a group and as an individual. • Further develop an understanding of when to intervene and start to think about different ways to act • Practice the skills required to intervene without escalating the situation. • Discuss the process of grooming and then consider why perpetrators use the term “grassing” in order to intimidate and silence their victims. • Practice communication skills that they can use to intervene effectively should they find themselves in the role of the bystander. • Describe the physical and emotional changes that occur during puberty and how to manage these • Identify myths and facts about puberty, and what is important for a young person to know • Demonstrate how to begin conversations (or ask questions) about puberty with people that can help us • describe some changes that happen as we grow up • identify the range of feelings associated with change, transition to secondary school and becoming more independent • Describe practical strategies to cope with growing up, becoming more independent and taking on new responsibilities • identify different kinds of loving relationships • describe the qualities that enable these relationships to flourish • explain the expectations and responsibilities of being in a close relationship • recognise how relationships may change or end and what can help people manage this • know how to recognise early signs of illness, such as weight loss, or unexplained changes to the body • know how and when to seek support including which adults to speak to in school if they are worried about their health • know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough • Know the facts and science relating to allergies, immunisation and vaccination
----------------------	---	---	--

Living in the wider world	• Recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes • Recognise their individuality and personal qualities • Identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth • Know how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking • Recognise there are human rights, that are there to protect everyone • Understand what rights are and that all people share the same rights • Listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own • Discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with • Know about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes • Know that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life • Know about stereotypes in the workplace and that a person's career aspirations should not be limited by them • Know about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs) • Know that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) • Recognise that people make spending decisions based on priorities, needs and wants. • Know different ways to keep track of money • Recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'. • Recognise that people make spending decisions based on priorities, needs and wants	• Understand why structure is needed in different situations • Understand the term 'anarchy' and understand the implications of living in an anarchic society • Understand the meaning and importance of resilience and courage • Recognise and know how to deal with situations involving peer pressure • Recognise the features of extremism • Identify why and how people are recruited into extremist activity • Identify some of the stereotypes relevant to extremism • Understand how extremism can lead to harm • Recognise individuality and celebrate differences • Identify and challenge stereotypes, including LGBTQ+ and other minority groups • Recognise extremism and radicalisation • Identify some of the stereotypes relevant to radicalisation • Identify the risks faced in relation to extremist activity • Recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'. • Know about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe • Know about the different ways to pay for things and the choices people have about this. • Recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money' • Recognise that people make spending decisions based on priorities, needs and wants. • Recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money' • Know that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) • Recognise that people make spending decisions based on priorities, needs and wants.	• Learn about budgeting and what it means to budget • Understand why financial management and planning is important from a young age • Know and understand financial terms such as loan, interest, tax and discount • Understand why aspirations are important in helping to plan for the future • Identify the skills needed to develop own contribution in the working world in the future • Be able to reflect on past achievements • Recognise achievements of others as being worthwhile and important • Identify the skills they need to develop to make their contribution in the working world in the future • Make connections between their learning, the world of work and their future economic wellbeing • Know that there is a broad range of different jobs/ careers that people can have; that people often have more than one career/type of job during their life • Know about stereotypes in the workplace and that a person's career aspirations should not be limited by them • Know that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid • Know and understand the principles of enterprise • Understand profit and loss • Know and understand the principles of charity work
---------------------------	--	---	--