



Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Year 5</p>	<p>Being Me in my World</p> <p>Including:</p> <p>Identify what they value most about school and consider their hopes for the school year.</p> <p>Understanding their rights and responsibilities as a British citizen.</p> <p>Empathise with people in this country whose lives are different from their own.</p> <p>Understanding that their actions affect themselves and others.</p> <p>Understand how democracy and having a voice benefits the school community and know how they participate in this.</p>	<p>Celebrating Difference</p> <p>Including:</p> <p>Understanding that cultural differences sometimes cause conflict and respecting their own and other people's culture.</p> <p>Understanding what racism is and being aware of their attitude towards people of different races.</p> <p>Understanding possible causes of bullying behaviours and identifying strategies to manage a bullying situation for themselves and others.</p> <p>Being aware of their own culture and enjoying the experience of a culture different from their own.</p>	<p>Dreams and Goals</p> <p>Including:</p> <p>Understanding that they will need money to help them achieve some of their dreams and identify what they would like in their lives when they grow up.</p> <p>Know about a range of jobs and how much people earn in different jobs.</p> <p>Identify a job they would like to do when they grow up and understand what they need to do to achieve it.</p> <p>To appreciate the similarities and differences is aspirations between themselves and young people in a different culture.</p> <p>To understand why they are motivated to make a positive contribution to supporting others.</p>	<p>Healthy Me</p> <p>Including:</p> <p>Knowing the health risks of smoking and some of the risks of misusing alcohol, including anti-social behaviour.</p> <p>Being able to make an informed decision about whether they choose to smoke or drink alcohol.</p> <p>Describing the different roles food can play in people's lives and explaining how people can develop eating problems relating to body image pressures.</p> <p>Knowing what makes a healthy lifestyle including healthy eating and the choices you need to make to be healthy and happy.</p> <p>Knowing the importance of respecting and valuing their body and being motivated to keep themselves healthy and happy.</p>	<p>Relationships</p> <p>Including:</p> <p>To have an accurate picture of who they are as a person and know how to keep building their self-esteem.</p> <p>To recognise how friendships change and how to manage when they fall out with friends.</p> <p>Understanding and explaining how to stay safe when using technology to communicate with their friends.</p> <p>Recognising and resisting pressures to use technology in ways that may be risky or cause harm to others.</p>	<p>Changing Me</p> <p>Including:</p> <p>Being aware of their own self-image and how their body image fits into this. Knowing how to develop their own self-esteem.</p> <p>Explaining how a boys' and girls' bodies changes during puberty and the importance of looking after yourself physically and emotionally.</p> <p>Understanding that puberty is a natural process that happens to everybody and that it will be OK for them.</p> <p>Expressing how they feel about the changes that will happen to them during puberty.</p> <p>Identifying what they are looking forward to about becoming a teenager and understanding this brings growing responsibilities.</p>



<p style="text-align: center;">Year 6</p>	<p>Being Me in my World</p> <p>Including:</p> <p>Identifying their goals for this year and understanding their fears and worries about the future.</p> <p>Knowing that there are universal rights for all children but for many children these rights are not met.</p> <p>Understanding that their actions can affect other people locally and globally.</p> <p>Being able to compare their own wants and needs with children in different communities</p> <p>Feeling welcomed and valued and knowing how to make others feel the same</p> <p>Caring about other people's feelings and trying to empathise with them</p>	<p>Celebrating Difference</p> <p>Including:</p> <p>Understanding there are different perceptions about what normal means.</p> <p>Understanding and showing empathy with how a disability could affect someone's life. Being aware of their attitude towards people with disabilities.</p> <p>Explaining some of the ways in which one person can have power over another and knowing some of the reasons why people use bullying behaviour.</p> <p>Explaining ways in which difference can be a source of conflict and a cause of celebration Showing empathy with people when difference is a cause for conflict or celebration.</p> <p>Knowing how it can feel to be excluded or treated badly by being</p>	<p>Dreams and Goals</p> <p>Including:</p> <p>Know their learning strengths and set challenging, realistic goals for themselves.</p> <p>To work out their learning steps and success criteria to reach their goals and understand how to motivate themselves.</p> <p>To identify problems in the world that concern them and talk to other people about it.</p> <p>Work with other people to help make the world a better place and empathise with people who are suffering or living in difficult situations.</p> <p>Describe some ways in which they can work with other people to help make the world a better place.</p> <p>Know what some people in their class admire about them and accept their praise.</p>	<p>Healthy Me</p> <p>Including:</p> <p>Knowing the impact of food on the body and being motivated to give their body the best combination of food for their physical and emotional health.</p> <p>Knowing about the different types of drugs and their uses and their effects on the body. Being able to explain how they feel about using alcohol when they are older and their reasons for this.</p> <p>Understanding what it means to be emotionally well and exploring people's attitudes towards mental health/illness.</p> <p>Knowing how to help themselves feel emotionally healthy and recognising when they need help with this. Recognising when they feel stressed and the triggers that cause this, and using different strategies to manage stress and pressure.</p>	<p>Relationships Including:</p> <p>Identifying the most significant people in their lives so far and understanding how it feels to have people in their life who are special to them.</p> <p>Knowing some of the feelings we can have when someone dies or leaves and understanding there are different stages of grief and that there are different types of loss for people to grieve. Being able to use some strategies to manage feelings associated with loss and help other people to do so.</p> <p>Recognising when people are trying to gain power or control and demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain control or power.</p> <p>Understanding how technology can be used to try to gain power or control and using</p>	<p>Changing Me Including:</p> <p>Being aware of their own self-image and how their body image fits into that and knowing how to develop their own self esteem.</p> <p>Explaining how boys' and girls' bodies change during puberty and understanding the importance of looking after yourself physically and emotionally during puberty.</p> <p>Being able to ask the questions they need answered about changes during puberty and reflecting on how they feel about the answers they receive.</p> <p>Understanding how babies are usually made and how sometimes people need IVF to help them have a baby.</p> <p>Describing how a baby develops from conception through pregnancy, and how it is born.</p>



		different in some way and appreciating people for who they are.		Understanding how stress can cause alcohol misuse and being motivated to find ways to be happy and cope with life's situations without drugs.	technology positively and safely to communicate with their friends and family. Take responsibility for their own safety and well-being.	To understand how being physically attracted to someone changes the nature of the relationship. Expressing how they feel about the growing independence of becoming a teenager and feeling confident they can cope with becoming a teenager.
Year 7	<p>Being Me in my World</p> <p>Including:</p> <p>Recognising their identity is affected by a range of factors and knowing they are a unique individual.</p> <p>Identify and reflect on their personal strengths and feel positive about themselves.</p> <p>Understanding that people have different roles and responsibilities in society and identifying what is important to them.</p> <p>Understanding how identity comes from a range of factors, including global influences.</p> <p>Recognising how others see them and can give and receive feedback.</p> <p>Reflecting on their personal strengths,</p>	<p>Celebrating Difference</p> <p>Including:</p> <p>Challenging prejudice and discrimination assertively and identifying what is important for them.</p> <p>Challenging their own and others' attitudes and values, and accepting difference in others.</p> <p>Understanding what stereotypes mean and its potential impact.</p> <p>Understanding that positive and negative discrimination can take different forms and how it can affect people's lives.</p> <p>Understand what bullying is and what it is not and some of the motivations behind bullying behaviours.</p> <p>Recognising when others are being excluded and how they</p>	<p>Dreams and Goals</p> <p>Including:</p> <p>Identifying their dreams and goals and recognising these may change over time.</p> <p>Working out the steps they need to take to achieve their dreams and goals.</p> <p>Using their experiences, including mistakes and setbacks, to make appropriate changes to their plans and behaviour.</p> <p>Understanding there and intrinsic and extrinsic rewards and different types of motivation associated with different dreams and goals.</p> <p>Making a plan, adapting it when necessary and understanding the commitment required to achieve their dreams and goals.</p>	<p>Healthy Me</p> <p>Including:</p> <p>Understanding how health can be affected by emotions and know a range of ways to keep themselves well and happy.</p> <p>Recognising when they feel stressed and triggers associated with this.</p> <p>Knowing about different substances and the effects they have on the body and why some people use them.</p> <p>Understanding the positive impact of good nutrition on their body and mind.</p> <p>Understanding the role of vaccinations and explaining differing views on this.</p> <p>Recognising what influences their choices about exercise and</p>	<p>Relationships</p> <p>Including:</p> <p>Identifying characteristics and benefits of positive, strong and supportive, equal relationships. Understanding what expectations might be of having a romantic/ special relationship.</p> <p>Recognising that the support they need may come from different sources as they grow up.</p> <p>Understanding the value of different qualities that people bring to social groups and developing their own social skills.</p> <p>Able to discern that media portrayal of relationships and choices may not reflect real life.</p> <p>Recognising when to use assertiveness</p>	<p>Changing Me</p> <p>Including:</p> <p>Understanding how their body changes in puberty.</p> <p>Being aware of their self-image and how others may see them.</p> <p>Understanding the impact of changing circumstances on families and the need to adapt to changing circumstances.</p> <p>Understanding that they have the right to change their mind and know some ways their brain is starting to change.</p> <p>Recognising that they might experience different moods as they grow and change.</p> <p>Knowing of some skills that will help them manage transitions.</p>



	achievements and areas for development.	might help to change the situation.	Understanding that, as their life changes, their dreams and goals may change too.	sleep. Understanding that they can employ a range of factors to help them sleep well.	techniques in some of their relationships. Recognising the roles that are played in many families and understanding the role they might play. Also understanding the changes that may take place.	
Year 8	<p>Being Me in my World</p> <p>Including:</p> <p>Appreciating that identities are complex and can change over time.</p> <p>Understanding individual identities and cultural identities.</p> <p>Understanding that identity is affected by a range of factors, such as family.</p> <p>Understanding that where they live can influence their identity and how we can make assumptions about other identities.</p> <p>Understanding and respecting that there are a range of beliefs within any community and how it can affect their identity.</p>	<p>Celebrating Difference</p> <p>Including:</p> <p>Recognise, appreciate and understand that the similarities among all humans are greater than the differences.</p> <p>Challenging social injustice and inequality, such as race.</p> <p>Challenging social injustice and inequality, such as religion.</p> <p>Arguing effectively and contributing assertively and supportively to current issues.</p> <p>Making a positive contribution to their community and recognise the choices they make will impact on their ability to be socially mobile.</p> <p>Knowing how they can make a difference and take responsibility for their lives.</p>	<p>Dreams and Goals</p> <p>Including:</p> <p>Knowing what some of their short and medium-term goals are and how they can achieve them.</p> <p>Knowing what some of their long-term goals are and how they can achieve them.</p> <p>Knowing about different types of business, how they are organised and financed.</p> <p>Explaining why it is important to keep track of spending.</p> <p>Making reasoned judgements about spending.</p> <p>Understanding some of the positive and negative roles that money can play in society.</p>	<p>Healthy Me</p> <p>Including:</p> <p>Understanding how health can be affected by emotions and know a range of ways to keep themselves well and happy.</p> <p>Recognising when they feel stressed and triggers associated with this.</p> <p>Knowing how to perform basic CPR and how different substances can affect the body.</p> <p>Understanding the positive impact of good nutrition on their body and mind.</p> <p>Understanding the role of medicines and explaining the differing views on this.</p> <p>Recognising what influences their choices about exercise and sleep. Understanding that they can employ a</p>	<p>Relationships</p> <p>Including:</p> <p>Understanding that relationships affect everything they do in their lives and that relationship skills have to be learned and practised.</p> <p>Understanding that relationships can cause strong feelings and emotions and knowing the features of positive and stable relationships.</p> <p>Understanding their use of social skills of communication, negotiation and assertiveness.</p> <p>Understanding that the media might portray relationships in a skewed manner.</p> <p>Understanding how to use social media appropriately.</p> <p>Understanding that relationships affect everything we do in our</p>	<p>Changing Me</p> <p>Including:</p> <p>Understanding that change is a normal part of life and will always be happening.</p> <p>Recognising that there are areas of life when they will feel more confident and less confident.</p> <p>Identifying something that they find challenging and know some ways to tackle it.</p> <p>Able to express how they managed a challenging situation and express how they felt during it.</p> <p>Understanding that they are responsible for managing some of the changes in their life.</p> <p>Knowing some ways to manage the changes that will occur in their life in the short-term (transition to year 9).</p>



	Understand that they are a unique individual and can also have a range of group identities.			range of factors to help them sleep well.	lives and that relationship skills have to be learned and practised.	
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