

CAPTAIN WEBB PRIMARY SCHOOL
PSHEE Curriculum – Key knowledge and skills

EYFS			KS1			KS2		
Range 4 Day care	Range 5 Nursery	Range 6 Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1: Being me in my world								
Whole School Focus: First Aid								
L1: Who... Me?! I know how it feels to belong. L2: How am I feeling today? I know some of my feelings L3: Being at School I know nursery is fun. L4: Gentle hands I know how to be kind. L5: Our Rights I know that I come to school to play. L6: Our Responsibilities I know how to take care of toys.	L1: Who... Me?! I know how it feels to belong. L2: How am I feeling today? I know a wide range of feelings L3: Being at School I know that people have feelings L4: Gentle hands I know it is good to be kind to my friends. L5: Our Rights I know we are all allowed to learn and play. L6: Our Responsibilities I know how to take care of my nursery.	L1: Who... Me?! I know how it feels to belong. L2: How am I feeling today? I know how to recognise my feelings. L3: Being at School I know that working with others can make school a good place. L4: Gentle hands I know and can explain a why it is good to be kind. L5: Our Rights I know I have rights like playing at playtime. L6: Our Responsibilities I know how to be responsible.	L1: Special and Safe I know some of my hopes and fears. L2: My Class I know the rights and responsibilities as a member of my class. L3: Rights and Responsibilities I know the rights and responsibilities for being a member of my class. L4: Rewards and feeling proud I know my views are valued and can contribute to the Learning Charter. L5: Consequences I know the choices I make and understand the consequences. L6: Owning our learning charter I know my rights and responsibilities within our Learning Charter.	L1: Hopes and fears I know some of my hopes and fears for this year. L2: Rights and Responsibilities I know the rights and responsibilities for being a member of my class and school. L3: Rewards and consequences I know listening to other people and contribute my own ideas about rewards and consequences.* L4: Rewards and Consequences I can listen to other people and contribute my own ideas about rewards and consequences. L5: Our learning charter I know how following the Learning Charter will help me and others learn. L6: Owning our learning charter I know the choices I make and understand the consequences.	L1: Getting to know each other. I know positive things about myself and my achievements and can set new personal goals. L2: Our nightmare school I know how to face new challenges positively, make responsible choices and ask for help when I need it. L3: Our Dream School I know why rules are needed and how they relate to rights and responsibilities. L4: Rewards and consequences I know that my actions affect myself and others and I care about other people's feelings. L5: Our Learning charter I know how to make responsible choices and take action. L6: Owning our Learning Charter. I know my actions affect others and try to see things from their points of view.	L1: Becoming a class team. I know my attitudes and actions make a difference to the class team L2: Being a school citizen I know who is in my school community, the roles they play and how I fit in L3: Rights, Responsibilities and Democracy I know how democracy works through the school council. L4: Rewards and consequences I know that my actions affect myself and others; I care about other people's feelings and try to empathise with them L5: Our learning charter. I know how groups come together to make decisions L6: Owning our learning charter I know how democracy and having a voice benefits the school community	L1: My Year ahead I know how to set personal goals and can face new challenges positively. L2: Being a Citizen of My Country I know my rights and responsibilities as a British citizen L3: Year 5 Responsibilities I know my rights and responsibilities as a British citizen and a member of my school L4: Rewards and consequences I know how to make choices about my own behaviour because I understand how rewards and consequences feel L5: Our learning charter I know how an individual's behaviour can impact on a group L6: Owning our learning charter I know how democracy and having a voice benefits the school community and know how to participate in this	L1: My year ahead I know my goals for this year, understand my fears and can identify my worries about the future and know how to express them. L2: Being a global citizen 1 I know that there are universal rights for all children but for many children these rights are not met L3: Being a global citizen 2 I know that my actions affect other people locally and globally L4: The learning charter I know how rewards and consequences feel and I understand how these relate to my rights and responsibilities L5: Our learning charter * I know how an individual's behaviour can impact on a group L6: Owning our learning charter I know how democracy and having a voice benefits the school community
Vocabulary								
Sad, happy, , feelings, play, toys, kind hands, gentle, kind, behaviour, good, bad.	Sad, happy, scared, excited, feelings, rights, responsibility, kind hands, gentle, kind, behaviour, good, bad.	Sad, happy, angry, worried, scared, excited, feelings, rights, responsibility, kind hands, gentle, kind, behaviour, good, bad.	Safe, Special, Calm, Belonging Special, Rights, Responsibilities Learning Charter, Rewards, Proud , Consequences, Upset, Disappointed, Illustration, Rewards, Consequences	Worries, Hopes, Fears, Belonging, Rights, Responsibilities, Responsible Actions, Praise, Reward, Consequence, Positive, Negative, Choices, Co-operate, Learning charter Rights, Problem solving	Welcome, Valued, Team Work, Achievements, Proud, Pleased, Personal goals, Praise, Acknowledge, Affirm, Emotions, Feelings, Worries, Nightmare, Fears, Solutions, Support, Rights, Actions Responsibilities, Belong, View Learning Charter, Nightmare, Dream, point, Co-operate, Rewards, Choices, Challenge Consequences, Group dynamics	Included, Excluded, Welcome, Valued, Team, Charter, Role, Job description, Voting School community, Responsibility, Observer Rights, Responsibilities, Democracy, Reward, Consequence, Democratic, Decisions, , Authority, Learning charter, Choices Contribution, UN Convention on Rights of child	Education, Appreciation, Opportunities, Goals, Motivation, Vision, Hopes, Challenge, Rights, British, Citizen, Denied, Empathise, Wealth, Poverty, Responsibilities, Prejudice, Rewards, Consequences, Choices, Learning charter, Cooperation, Collaboration, Participation, Motivation	Goals, Worries, Fears, Choice Value, Welcome, , Ghana, West Africa, Cocoa plantation, Cocoa pods, Machete, Rights, Education Community, Wants, Needs, Maslow, Empathy, Rights, Comparison, Proud Opportunities, Behaviour, Motivation, Responsibilities, Rewards, Consequences, Empathise, Learning charter, Obstacles, Cooperation, Collaboration, Participation, Democracy, Decision
Autumn 2: Celebrating Differences.								

Additional Focuses: Fire and Fireworks – Year 5								
<p>L1: What am I good at? I know I feel happy when I do something good.</p> <p>L2: I'm special, I'm me! I know I am special.</p> <p>L3: Families I know who is in my family</p> <p>L4: Houses and Homes I know where I live is my home..</p> <p>L5: Making friends I know I have friends.</p> <p>L6: Standing up for yourself. I know to say no when I need to stand up for myself.</p>	<p>L1: What am I good at? I know how it feels to be proud of something I am good at.</p> <p>L2: I'm special, I'm me! I know I am special and unique.</p> <p>L3: Families I know that all families are different.</p> <p>L4: Houses and Homes I know there are lots of different houses and homes.</p> <p>L5: Making friends I know how to make new friends.</p> <p>L6: Standing up for yourself. I know which words to use when I need to stand up for myself.</p>	<p>L1: What am I good at? I know everyone is good at different things.</p> <p>L2: I'm special, I'm me! I know that being different makes us all special.</p> <p>L3: Families I know we are all different but the same in some ways.</p> <p>L4: Houses and Homes I know why my home is special to me.</p> <p>L5: Making friends I know how to be a kind friend.</p> <p>L6: Standing up for yourself. I know which words to use to stand up for myself when someone says or does something unkind.</p>	<p>L1: The same as.... I know similarities between people in my class</p> <p>L2: Different from.... I know differences between people in my class</p> <p>L3: What is 'bullying'? I know what bullying is</p> <p>L4: What do I do about bullying? I know some people who I could talk to if I was feeling unhappy or being bullied</p> <p>L5: Making new friends I know how to make new friends</p> <p>L6: Celebrating difference; celebrating me. I know some ways in which I am different from my friends</p> <p>L7: Healthy relationship lesson: Friends, secrets and people who can help us. I know there are good and bad secrets.</p>	<p>L1: Boys and Girls I know that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>L2: Boys and Girls I know that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>L3: Why does bullying happen? I know that bullying is sometimes about difference</p> <p>L4: Standing up for myself and others. I know what is right and wrong and know how to look after myself</p> <p>L5: Making a new friend. * I know that it is OK to be different from other people and to be friends with them.</p> <p>L6: Celebrating difference and still being friends. I know some ways I am different from my friends</p>	<p>L1: Families I know that everybody's family is different and important to them</p> <p>L2: Family conflict I know that differences and conflicts sometimes happen among family members</p> <p>L3: Witness and feelings I know what it means to be a witness to bullying.</p> <p>L4: Witness and solutions I know that witnesses can make the situation better or worse by what they do</p> <p>L5: Words that harm I know that some words are used in hurtful ways</p> <p>L6: Celebrating difference; compliments I know about a time when my words affected someone's feelings and what the consequences were</p>	<p>L1: Judging by appearances I know that, sometimes, we make assumptions based on what people look like</p> <p>L2: Understanding influences I know what influences me to make assumptions based on how people look</p> <p>L3: Understanding bullying I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure</p> <p>L4: Problem solving I know why witnesses sometimes join in with bullying and sometimes don't tell</p> <p>L5: Special me I know what is special about me and value the ways in which I am unique</p> <p>L6: Celebrating difference; how we look I know a time when my first impression of someone changed when I got to know them</p>	<p>L1: Different cultures I know that cultural differences sometimes cause conflict</p> <p>L2: Racism I know what racism is</p> <p>L3: Rumours and name calling I know how rumour-spreading and name-calling can be bullying behaviours.</p> <p>L4: Types of bullying I know the difference between direct and indirect types of bullying</p> <p>L5: Does money matter I know how my life may be different from other people in the developing world.</p> <p>L6: Celebrating difference across the world * I know and understand a different culture from my own.</p> <p>Additional Lesson: I can identify different ways that I can keep myself safe around fire and fireworks</p>	<p>L1: Am I normal? * I know there different perceptions about what normal means</p> <p>L2: Understanding difference * I know how being different could affect someone's life</p> <p>L3: Power struggles I know some of the ways in which one person or a group can have power over another</p> <p>L4: Why bully? I know some of the reasons why people use bullying behaviours</p> <p>L5: Celebrating difference I know examples of people with disabilities who lead amazing lives</p> <p>L6: Celebrating difference I know ways in which difference can be a source of conflict and a cause for celebration</p>

Vocabulary

Proud, good, happy, families, houses, friends.	Proud, good, happy, special, different, families, houses, friends, standing up for myself.	Proud, good, unique, special, different, families, houses, friends, standing up for myself.	Similarity/similar, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebration, Special, Unique	Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Differences, Special, Bully, Purpose, Kind, Unkind, Feelings, Sad, Lonely, Help, On purpose, Stand up for, Help, Friends, Included, Help, Qualities, Friendship, Caring, Unique, Value	Family, Loving, Caring, Safe, Connected, Difference, Special, Conflict, Solve it together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feeling, Tell, Consequences, Hurtful, Compliment, Special, Unique, Difference, Similarity	Character, Assumption, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Bullying, Friend, Secret, Deliberate, On purpose, Bystander, Witness, Bully, Problem solve, Cyber bullying, Text message, Website, Special, Unique, Characteristics, Physical features, Impression, Changed, Judgement, Assumption, Accept	Culture, Conflict, Difference, Similarity, Belong, Culture wheel, Racism, Colour, Race, Discrimination, Ribbon, Bullying, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem-solving, Indirect, Direct, Happiness, Continuum, Developing world, Plantation, Celebration, Artefacts, Display, Presentation	Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Cerebral palsy, Role model, Inspire, Independent, Disability, Power, Struggle, Imbalance, Control, Harassment, Bullying, Bullying behaviour, Direct, Indirect, Argument, Recipient, Para Olympian, Achievement, Accolade, Disability, Sport, Perseverance, Admiration, Stamina, Celebration, Difference, Conflict
--	--	---	---	---	---	--	---	---

Spring 1 - Dreams and Goals

Additional Focuses:
Year 1, 2, 4 and 5 - Financial Education

<p>L1: Challenge I know that I should keep trying.</p> <p>L2: Never giving up I know to keep trying when something is hard.</p> <p>L3: Setting a goal I know that a goal is something to achieve.</p> <p>L4: Obstacles and Support I know some kind words.</p> <p>L5: Flight to the future I know that big people have jobs.</p> <p>L6: Footprint Awards I know when I have done something good.</p>	<p>L1: Challenge I know what a challenge means</p> <p>L2: Never giving up I know that if I try I will achieve my goal.</p> <p>L3: Setting a goal I know that a goal is something I want to achieve.</p> <p>L4: Obstacles and Support I know lots of kind words.</p> <p>L5: Flight to the future I know that when I am older I will get a job.</p> <p>L6: Footprint Awards I know what feeling proud is.</p>	<p>L1: Challenge I know that if I persevere I can tackle challenges.</p> <p>L2: Never giving up I know about a time I didn't give up until I achieved my goal.</p> <p>L3: Setting a goal I know that a goal is something to work towards.</p> <p>L4: Obstacles and Support I know that kind words can encourage my friends.</p> <p>L5: Flight to the future I know the link between what I learn now and the job I might like to do when I am older.</p> <p>L6: Footprint Awards I know what it means to feel proud of something I achieve.</p>	<p>L1: My treasure chest of success I know what simple goals I can set for the year ahead.</p> <p>L2: Steps to goals I know I need to set small steps to help me achieve a goal.</p> <p>L3: Achieving together I know how to work well with a partner.</p> <p>L4: Stretchy learning I know how to tackle a new challenge and understand this might stretch my learning.</p> <p>L5: Overcoming obstacles I know obstacles can make it more difficult to achieve my new challenge but I can work out how to overcome them.</p> <p>L6: Celebrating my success. I know how I felt when I succeeded in a new challenge.</p> <p>Additional Lesson: I know some of the different ways we get money and some of the different forms it comes in</p>	<p>L1: Goals to success I know a realistic goal and can think about how to achieve it. **Speaking and Listening Link – Learning a Poem</p> <p>L2: My learning strengths I know what steps I need to take in order to achieve my goal.</p> <p>L3: Learning with others I know that it can be easier to achieve a goal when working with others.</p> <p>L4: A group challenge I know that work cooperatively as part of a group can help to create an end product.</p> <p>L5: Continuing our group challenge I know some of the ways I worked cooperatively in my group to create the end product.</p> <p>Additional Lesson: I know the difference between the things that we need to spend money on and the things that we want to spend money on</p>	<p>L1: Dreams and goals I know that people can face difficult challenges and still achieve success.</p> <p>L2: My dreams and ambitions I know a dream/ambition that is important to me.</p> <p>L3: A new challenge I know how to break down a goal into a number of steps and know how others could help me to achieve it.</p> <p>L4: Our new challenge I know that I am responsible for my own learning and that I can use my strengths as a learner to achieve the challenge MATHS LINK</p> <p>L5: Our new challenge: overcoming obstacles. I know that I may have some obstacles which might hinder my achievement and can take steps to overcome them.</p> <p>L6: Celebrating our learning I know why evaluating my own learning process can help me be better next time.</p>	<p>L1: Hopes and dreams I know that I will need hard work and perseverance to achieve my hopes and dreams</p> <p>L2: Broken dreams I know that sometimes hopes and dreams do not come true and that this can hurt.</p> <p>L3: Overcoming disappointment I know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p>L4: Creating new dreams I know what three step approach I can take to stay positive and resilient when creating new dreams.</p> <p>L5: Achieving goals I know how to work out the steps to take to achieve a goal and can do this successfully as part of a group.</p> <p>L6: We did it I know how to reflect on what my team did well and how we could improve next time.</p> <p>Additional Lesson: I know different ways that I can pay for things and keep track of money.</p>	<p>L1: When I grow up (My dream lifestyle) I know some of my dreams for when I am older and how I many need money to achieve some of these.</p> <p>L2: Investigate jobs and careers I know about a range of jobs carried out by people.</p> <p>L3: My dream job: Why I want it and the steps to get there I know a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it.</p> <p>L4: Dreams and goals of young people in other cultures I know the dreams and goals of young people in a culture different to mine.</p> <p>L5: How we can support each other I know a range of ways we can support each other, especially those of a different culture</p> <p>L6: Rallying support I know how to encourage my peers to support young people here and abroad</p> <p>Additional Lesson: I know that people have different attitudes towards saving and spending money, and towards risk.</p>	<p>L1: Personal learning goals I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal).</p> <p>L2: Steps to success I know the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.</p> <p>L3: My dreams for the world I know problems in the world that concern me and can talk to other people about them.</p> <p>L4: Helping to make a difference. I know that working with other people can help make the world a better place</p> <p>L5: Helping to make a difference I know some ways in which I can work with other people to help make the world a better place.</p> <p>L6: Recognising our achievements I know how to reflect on my groups achievements</p>
--	---	---	--	---	--	--	--	---

Vocabulary

Smile, happy, kind words, try, good.	Achieve, goal, kind words, thank you, proud, job, older, keep trying, challenge	Achieve, goal, kind words, thank you, proud, job, preserve, challenge	Proud, Success, Achievement, Goal, Treasure, Coins, Learning, Stepping stones, Process, Dreams, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve, Celebration, Internal treasure chest, Goals	Realistic, Proud, Success, Celebrate, Achievement, Goal, Partner, Team work, Learning together, Challenge, Product, Group, Problem solve, Dream, Achievement Need, Want, Choice, Spend, Save	Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Team Work, Enterprise, Design, Cooperation, Product, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve it together' technique, Review, Learning, Self-review, Celebrate, Evaluate	Dream, Hope, Goal, Feeling, Determination, Perseverance, Disappointment, Fears, Hurt, Positive experiences, Plans, Cope, Help, Resilience, Self-belief, Motivation, Commitment, Decoration, Team work, Enterprise, Design, Cooperation, Review, Learning, Strengths, Success, Self-review, Celebrate, Evaluate Cash, Credit Card, Debit Card, Vouchers, Cheques, Online Banking, Budgeting, Priorities	Dream, Hope, Goal, Feeling, Achievement, Money, Grown up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Perseverance, Motivation, Aspiration, Culture, Country, Sponsorship, Comic relief, Communication, Support, Rallying, Team work, Cooperation, Difference, Dream, Goal Spending decisions, Fair trade, Charity fundraising, Spending power	Dream, Hope, Goal, Learning, Strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Feeling, Success, Criteria, Learning steps, Money, Global, Issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition
--------------------------------------	---	---	---	--	---	---	---	--

Money, Earn,
Coins, Notes,
Save, Safe, Job

Spring 2 - Healthy Me

Additional Focuses:
Knife Crime – Year 6

<p>L1: Everybody's Body I know that running around is good for me.</p> <p>L2: I like to move it move it I know that being active is good.</p> <p>L3: Food, Glorious food I know the names of different foods.</p> <p>L4: Sweet dreams I know when I am tired.</p> <p>L5: Keeping clean I know when my hands are dirty.</p> <p>L6: Stranger Danger I know to hold my grownups hand.</p>	<p>L1: Everybody's Body I know some names for some parts of body.</p> <p>L2: I like to move it move it I know things to do to be healthy.</p> <p>L3: Food, Glorious food I know what the word 'healthy' means.</p> <p>L4: Sweet dreams I know how to help myself go to sleep.</p> <p>L5: Keeping clean I know why it is important that I wash my hands.</p> <p>L6: Stranger Danger I know what do if I get lost.</p>	<p>L1: Everybody's Body I know that I need to exercise to keep my body healthy.</p> <p>L2: I like to move it move it I know how moving and resting are good for my body.</p> <p>L3: Food, Glorious food I know which foods are healthy and not so healthy.</p> <p>L4: Sweet dreams I know how to help myself go to sleep.</p> <p>L5: Keeping clean I know why it is important that I wash my hands.</p> <p>L6: Stranger Danger I know what a stranger is.</p>	<p>L1: Being healthy I know some ways to have a healthy lifestyle.</p> <p>L2: Healthy choices I know how to make healthy lifestyle choices.</p> <p>L3: Clean and healthy I know how to keep myself clean and healthy and why it is important.</p> <p>L4: Medicine Safety I know that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>L5: Road safety I know how to keep safe when crossing the road.</p> <p>L6: Happy, healthy me I know ways to keep clean and healthy during the day.</p>	<p>L1: Being healthy I know what I need to keep my body healthy.</p> <p>L2: Being relaxed I know what relaxed means and know some things that make me feel relaxed and some that make me feel stressed.</p> <p>L3: Medicine safety I know how to use medicines safely and why it is important.</p> <p>L4: Healthy eating **Covered in Science</p> <p>L5: Healthy eating I know some healthy snacks and can explain why they are good for my body.</p> <p>L6: Healthy happy me I know what to do to keep my body and brain healthy.</p>	<p>L1: Being fit and healthy. I know how exercise affects my body.</p> <p>L2: Being fit and healthy I know that the amount of sugar I put into my body will affect my health.</p> <p>L3: What do I know about drugs I know my thoughts and attitude towards drugs.</p> <p>L4: Being safe I know some strategies for keeping myself safe including who to go to for help.</p> <p>L5: Safe or unsafe? I know when something feels safe or unsafe.</p> <p>L6: My amazing body I know that my body is complex it is to take care of it.</p>	<p>L1: My friends and me I know how different friends are formed and can identify the friends I value the most.</p> <p>L2: Group dynamics I know that friendship groups have dynamics.</p> <p>L3: Smoking I know the facts about smoking, its effects on health and some of the reasons people start to smoke.</p> <p>L4: Alcohol I know the facts about alcohol, its effects on health (especially the liver) and some of the reasons people drink alcohol.</p> <p>L5: Healthy friendships I know the features of a healthy friendship and an unhealthy friendship (in relation to pressure)</p>	<p>L1: Smoking I know the health risks of smoking and vaping.</p> <p>L2: Alcohol I know some of the risks with misusing alcohol, including anti-social behaviour and the effects on the body.</p> <p>L3: Emergency aid I know basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.</p> <p>L4: Body image I know how the media, social media and celebrity culture promotes certain body types.</p> <p>L5: My relationship with food. I know that people have different attitudes towards food.</p> <p>L6: Healthy me I know what makes a healthy lifestyle and the choices I need to make to be healthy and happy. **Speaking and Listening Link (Debate)</p>	<p>L1: Taking responsibility for my health and well-being I know my own responsibilities for my health and make choices that benefit my health and well-being.</p> <p>L2: Drugs I know about different types of drugs, their uses and their effects on the body.</p> <p>L3: Exploitation I know that some people can be exploited and made to do things that are against the law.</p> <p>L4: Gangs * I know why some people join gangs and the risks this involves.</p> <p>L5: Emotional and Mental health. I know how to keep myself feeling emotionally well and recognise when I may need help with this.</p> <p>L6: Managing stress. I know some of the triggers that cause stress and how stress can cause alcohol and drug misuse.</p> <p>Additional Lesson: I know why some people might carry knives</p>
--	--	---	--	--	---	--	---	---

Vocabulary

body parts, healthy, unhealthy, germs, sleep, strangers.	Healthy, food, exercise, body parts, active, healthy, unhealthy, germs, sleep, strangers.	Healthy, food, exercise, body parts, active, healthy, unhealthy, germs, sleep, hygiene, strangers.	Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Toiletry items, e.g. toothbrush, shampoo, soap, Hygienic, Safe, Medicines, Trust, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait, Keeping clean, Chapter	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious	Heartbeat, Heart, Fitness, Healthy, Drugs, Attitude, safe, Anxious, Scared, Strategy, Advice, Harmful, Medicines, Substances, Complex, Appreciate, Body	Friendships, Emotions, Healthy, Relationships, Friendship groups, Value, Embarrassed, Roles, Leader, Follower, Assertive, Agree/disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Diseased, Anxiety, Fear	Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Emergency, Procedure, Recovery position, Calm, Level headed, Body image, Media, Celebrity, Altered, Self-respect, Eating problem, Respect, Pressure, motivation	Mood, Energy, Balanced diet, Drugs, Effects, Motivation, Misuse, Anti-social, Responsible, Appropriate, Emergency, Recovery position, CPR, Safety, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure Knife crime, Knives, Crime, Escalation, Risk, Safe
--	---	--	---	--	---	--	---	---

Summer 1 - Relationships

Additional Focuses:
Sun Safety – Year 1, Year 5

<p>L1: My family and Me! I know who I live with.</p> <p>L2: Make friends, make friends, never</p>	<p>L1: My family and Me! I know who is in my family</p> <p>L2: Make friends, make</p>	<p>L1: My family and Me! I know I belong to my family.</p> <p>L2: Make</p>	<p>L1: Families I know the members of my family and how it feels to belong to a family.</p> <p>L2: Making</p>	<p>L1: Families I know the different members of my family and what is special about each of them.</p>	<p>L1: Family roles and responsibilities I know the roles and responsibilities of each member of my family. **relate to stereotypes</p> <p>L2: Friendship I know the skills of</p>	<p>L1: Jealously I know feelings associated with jealousy and some strategies to problem solve when this happens.</p>	<p>L1: Recognising me I know who I am as a person in terms of my characteristics and personal qualities.</p>	<p>L1: What is Mental Health? I know that it is important to take care of my mental health.</p> <p>L2: My Mental</p>
---	---	--	---	--	--	--	---	--

<p>ever break friends! Part 1 I know other children in my class.</p> <p>L3: Make friends, make friends, never ever break friends! Part 2 I know I have friends.</p> <p>L4: Falling out and bullying Part 1 I know when a child makes me sad.</p> <p>L5: Falling out and bullying Part 2 I know Calm me time helps me to think about my feelings with an adult.</p> <p>L6: Being the best friends we can be. I know a friend who makes me happy.</p>	<p>friends, never ever break friends! Part 1 I know how to make friends.</p> <p>L3: Make friends, make friends, never ever break friends! Part 2 I know what I like about my friends.</p> <p>L4: Falling out and bullying Part 1 I know that to say and do if somebody is mean.</p> <p>L5: Falling out and bullying Part 2 I know Calm me time helps me to think about my feelings.</p> <p>L6: Being the best friends we can be. I know being with my friends makes me feel happy.</p>	<p>friends, make friends, never ever break friends! Part 1 I know how to make new friends.</p> <p>L3: Make friends, make friends, never ever break friends! Part 2 I know ways to solve problems and stay friends.</p> <p>L4: Falling out and bullying Part 1 I know that unkind words can hurt people's feelings.</p> <p>L5: Falling out and bullying Part 2 I know Calm me time helps me to think about my feelings.</p> <p>L6: Being the best friends we can be. I know qualities of a good friend.</p>	<p>friends I know what being a good friend means.</p> <p>L3: Greetings I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>L4: People who help us I know who can help me in my school.</p> <p>L5: Being my own best friend I know my qualities as person and a friend.</p> <p>L6: Celebrating my special Relationships I know someone who is special to me and why they are special to me.</p> <p>Additional Lesson: I know what to wear to keep myself safe from the sun</p>	<p>L2: Keeping safe; exploring physical contact. I know which types of physical contact I like and don't like and what I can do.</p> <p>L3: Friends and conflict I know some of the things that cause conflict between friends and how to mend friendships.</p> <p>L4: Secrets I know that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</p> <p>L5: Trust and appreciation I know people who can help me in my family, my school and my community.</p> <p>L6: Celebrating my special relationships I know how to express my appreciation for the people in my special relationships.</p>	<p>friendship and can negotiate in conflict.</p> <p>L3: Keeping myself safe Online. I know and can use some strategies for keeping myself safe online.</p> <p>L4: Being global citizen 1 I know how some of the actions and work of people around the world help and influence my life.</p> <p>L5: Being a global citizen 2 I know my needs and rights are shared by children around the world and can identify how our lives may be different. **United Nations</p> <p>L6: Celebrating my web of relationships I know how to express my appreciation to my friend, family and a child from around the world.</p>	<p>L2: Love and Loss I know how most people feel when they lose someone or something they love.</p> <p>L3: Memories I know that we can remember people even if we no longer see them.</p> <p>L4: Getting on and Falling out I know why friendships may change and how to manage when I fall out with my friends</p> <p>L5: Girlfriends and Boyfriends I know that having a boyfriend/girlfriend is a special relationship between two people and is for when I am older.</p> <p>L6: Celebrating my relationship with people and animals I know how to show love and appreciation to the people and animals who are special to me.</p>	<p>L2: Safety with Online Communities I know the purpose of age restrictions in relation to being online.</p> <p>L3: Being in an Online Community I know there are rights and responsibilities in an online community or social network.</p> <p>L4: Online Gaming I know some rights and responsibilities when playing a game online.</p> <p>L5: Relationships and technology: Screen time I know some things I can do to reduce my screen time so my health isn't affected.</p> <p>L6: Relationships and technology I know how to stay safe when using technology to communicate with my friends (SMART Rules)</p> <p>Additional Lesson: I know how exposure to the sun can be harmful and know how to stay safe in the sun</p>	<p>Health I know how to take care of my mental health.</p> <p>L3: Love and loss I know that there are different stages of grief and that there are different types of loss that cause people to grieve.</p> <p>L4: Power and control I know why people might try to gain power or control.</p> <p>L5: Being Online: Real or Fake? Safe or Unsafe? I know whether something online is safe and helpful for me</p> <p>L6: Using Technology Responsibly I know how to use technology positively and safely</p>
--	---	---	---	--	--	--	--	--

Vocabulary

Family, friend, play, happy, sad.	Family, love, friends, kind, happy, sad, unkind, calm me, falling out.	Family, belong, love, friends, problem, kind, feelings, unkind, calm me, falling out, resolution.	Family, Belong, Different, Same, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Qualities, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate. Sun rays, Protection, Harm	Family, Different, Similarities, Special, Relationship, Important, Cooperate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Friends, Conflict, Point of view, Positive problem solving, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate, Positive, Negative, Appreciate.	Men, Women, Male, Female, Unisex, Role, Job, Responsibilities, Differences, Similarities, Respect, Stereotype, Conflict, Solution, Problem Solving, Friendship, Win-win, Safe, Unsafe, Dangers, Dangerous, Hazards, Risks, Safety Rules, Worried, Concerned, Scared, Anxious, Relieved, Global, Communications, Transport, Interconnected, Food Journeys, Climate, Trade, Inequality, Needs, Wants, Rights, Deprivation, United Nations, Equality, Justice, Happiness, Celebrating, Relationships, Friendship, Family, Thank you, Appreciation.	Relationship, Close, Distant, Contribute, Mutual benefit, Belonging, Caring, Loss, Strategy, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hopelessness, Relief, Acceptance, Depression, Souvenir, Memento, Memorial, Memories, Special, Remember, Vegetarianism, Opinion, Debate, Respect, Special pet, Cope, Strategies, Feelings, Remember, Love, Appreciation, Symbol, Care.	Characteristics, Personal qualities, Attribute, Self-esteem, Friendships, Negotiate, Compromise, Trust, Loyalty, Anger, Betrayal, Empathy, Boyfriend, Girlfriend, Couple, Attraction, Feelings, Emotions, Positive, Negative, Jealousy, Body language, Compromise, Safe, Technology, Communicate, Pressures, Resist, Risk, Harm, Identity, Personal information, Safe, Choice, Technology, Pressure, Risk, Harm, Vulnerable. Sun safety, Sun Protection Factor (SPF), Protective clothing, Vitamin D	Significant, Relationship, Special, Feelings, Close, Important, Emotions, Feelings, Sadness, Loss, Grief, Hurt, Pain, Change, Bereavement, Coping strategies, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Power, Control, Authority, Bullying, Script, Assertive, Strategies, Communication, Technology, Power, Control, Cyberbullying, Abuse, Safety
-----------------------------------	--	---	--	--	---	--	---	---

Summer 2 - Changing Me

Additional Focuses:
Road Safety – Year 3
Water Safety – Year 5

<p>L1: My Body I know some body part names.</p> <p>L2: Respecting my body I know some names of food I eat at snack time.</p> <p>L3: Growing Up I know that we</p>	<p>L1: My Body I know my body part names.</p> <p>L2: Respecting my body I know one thing that I can do and food that I can eat to be healthy.</p>	<p>L1: My Body I know the names of my body parts.</p> <p>L2: Respecting my body I know some things that I can do and food that I can eat to be healthy.</p>	<p>L1: Changing me I know some things about me that have changed and some things about me that have stayed the same.</p> <p>L2: My changing body</p>	<p>L1: Life cycles in nature **Covered in Science</p> <p>L2: Growing from young to old. I know that growing from young to old is a natural process and one I cannot control.</p> <p>L3: The changing me</p>	<p>L1: How babies grow I know that in animals and humans lots of changes happen between being born and growing up.</p> <p>L2: Babies I know how babies grow and develop in the mother's uterus and what a baby needs to</p>	<p>L1: Unique me I know that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.</p> <p>L2: Having a baby I know the internal and</p>	<p>L1: Self And body image I know my own self-image and how my body image fits into that.</p> <p>L2: Puberty for girls I know how a girl's body changes during puberty (menstruation)</p>	<p>L1: My self-image I know how to develop my own self-esteem</p> <p>L2: Puberty I know how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and</p>
--	---	---	--	---	---	--	---	--

<p>are born as a baby.</p> <p>L4: Growth and Change I know that I have grown.</p> <p>L5: Fun and fears I know I am going into Nursery</p> <p>L6: Celebration I know what I enjoyed the most in Daycare.</p>	<p>L3: Growing Up I know that we start as a baby and grow up.</p> <p>L4: Growth and Change I know that I grow and change.</p> <p>L5: Fun and fears I know I am going into big school.</p> <p>L6: Celebration I know what I enjoyed the most in Nursery.</p>	<p>L3: Growing Up I know that we grow up from babies to adults.</p> <p>L4: Fun and fears Part 1 I know that I will be moving to Year 1.</p> <p>L5: Fun and fears Part 2 I know what I am looking forward to in Year 1.</p> <p>L6: Celebration I know what I enjoyed the most in Reception.</p>	<p>I know how my body has changed since I was a baby.</p> <p>L3: Boys and girls bodies I know the parts of the body that make boys different to girls and can use the correct names for these.</p> <p>L4: Learning and growing I know that every time I learn something new I change a little bit.</p> <p>L5: Coping with changes I know about changes that have happened in my life.</p>	<p>I know how my body has changed since I was a baby and where I am on the continuum from young to old.</p> <p>L4: Boys and girls bodies I know the physical differences between boys and girls and appreciate that some parts of my body are private.</p> <p>L5: Assertiveness I know there are different types of touch and can tell you which ones I like and don't like.</p> <p>L6: Looking ahead I know what I am looking forward to when I am in Year 3.</p>	<p>survive.</p> <p>L3: Outside body changes I know that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</p> <p>L4: Inside body changes I know how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>L5: Family stereotypes I know stereotypical ideas that I might have about parenting and family roles</p> <p>Additional Lesson: I can find ways to keep myself safe travelling to and from school, including road safety</p>	<p>external parts of male and female bodies that are necessary for making a baby.</p> <p>L3: Girls and puberty I know how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.</p> <p>L4: Circles of change I know how the circle of change works and can apply it to changes I want to make in my life.</p> <p>L5: Accepting change I know that some changes are outside of my control.</p>	<p>L3: Puberty for boys I know how boys' bodies change during puberty.</p> <p>L4: Conception I know that sexual intercourse can lead to conception and that is how babies are usually made.</p> <p>L5: Looking ahead I know that becoming a teenager brings growing responsibilities (age of consent).</p> <p>Additional Lesson: I know how to keep safe around water.</p>	<p>emotionally</p> <p>L3: Babies: Conception to Birth I know how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>L4: Boyfriends and Girlfriends I know how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</p> <p>L5: Real self and ideal self I know the importance of a positive self-esteem and what I can do to develop it</p> <p>L6: The year ahead I know what I am looking forward to and what worries me about the transition to secondary school</p>
--	---	--	--	---	---	---	--	---

Vocabulary

Body parts, good, bad, food, babies, children, adults, grow, change	Body parts, healthy, unhealthy, babies, children, adults, grow, change	Body parts, respect, healthy, unhealthy, babies, children, adults, grow, change, Year 1	Changes, Change, Life cycle, Baby, Adulthood, Grown up, Growing up, Mature, Male, Female, Vagina, Penis, Testicles, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping	Change, Grow, Life cycle, Control, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Toddler, Child, Teenager, Adult, Independent, Timeline, Freedom, Responsibilities, Boy/male, Girl/female, Vagina, Penis, Testicles, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy	Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Change, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Womb, Vagina, Stereotypes, Task, Roles, Challenge, Change, Looking forward, Excited, Nervous, Anxious, Happy	Personal, Unique, Characteristics, Parents, Sperm, Egg, Penis, Testicles, Vagina, Womb, Ovaries, Making love, Fertilise, Reproduction, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Control, Change, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy	Self, Self-image, Body image, Self-esteem, Perception, Characteristics, Aspects, Affirmation, Puberty, Menstruation, Periods, Sanitary towels, Sanitary pads, Tampons, Ovary, Vagina, Womb/uterus, Sperm, Semen, Testicles, Erection, Ejaculation, Wet dream, Larynx, Facial hair, Growth spurt, Hormones, Relationships, Conception, Making love, Sexual intercourse, Fallopian tube, Fertilisation, Pregnancy, Embryo, Umbilical cord, Contraception, Fertility, treatment (IVF) Teenager, Milestone, Perceptions, Puberty, Responsibilities, Change, Hope, Manage, Cope, Opportunities, Emotions, Fear, Excitement, Anxious	Self-image, Self-esteem, Real self, Celebrity, Opportunities, Freedoms, Responsibilities, Puberty, Trust, Respect, Pregnancy, Embryo, Foetus, Placenta, Umbilical cord, Labour, Contractions, Cervix, Midwife, Independence, Grown up, Attraction, Relationship, Friends, Transition, Secondary, Looking forward, Journey, Worries, Anxiety, Hopes, Excitement
---	--	---	---	---	---	---	--	--

Water, Ice, Drowning, Safety, Responsibility, Canal, Sea, Pier, River