| Year group | Term | Topic/theme details |
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| **Foundation Stage 1** | Autumn 1 Autumn 2Spring 1Spring 2Summer 1Summer 2 | * Being Me in My World

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| We are learning to understand how it feels to belong and that we are similar and different  |
| We are learning to understand how feeling happy and sad can be expressed  |
| We are learning to work together and consider other people’s feelings  |
| We are learning to use gentle hands and understand that it is good to be kind to people  |
| We are learning to start to understand children’s rights and this means we should all be allowed to learn and play  |
| We are learning to know what being responsible means * Celebrating Difference

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| We are learning to know how it feels to be proud of something we are good at.  |
| We are learning to tell you one way we are special and unique.  |
| We are learning that all families are different.  |
| We are learning that there are lots of different houses and homes.  |
| We are learning to tell you how we could make new friends.  |
| We are learning to use our words to stand up for ourselves  |

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* Dreams and Goals

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| We are learning to understand what a challenge means  |
| We are learning to keep trying until we can do something  |
| We are learning to set a goal and work towards it  |
| We are learning some kind words to encourage people with  |
| We are learning to start to think about the jobs we might like to do when we are older  |
| We are learning to feel proud when we achieve a goal  |

* Healthy Me

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| We are learning the names for some parts of our body and we are starting to understand that we need to be active to be healthy  |
| We are learning to tell you some of the things we need to do to be healthy  |
| We are learning what the word ‘healthy’ means and that some foods are heathier than others  |
| We are learning how to help ourselves go to sleep and that sleep is good for us |
| We are learning to wash our hands and know it is important to do this before we eat and after we go to the toilet  |
| We are learning to know what to do if we get lost and how to say NO to strangers  |

* Relationships

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| We are learning to tell you about our family  |
| We are learning to understand how to make friends if we feel lonely  |
| We are learning to tell you some of the things we like about our friends  |
| We are learning to know what to say and do if somebody is mean to me  |
| We are learning to use Calm Me time to manage our feelings  |
| We are learning to work together and enjoy being with our friends  |

* Changing Me

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| --- |
| We are learning to name parts of our body and show respect for ourselves |
| We are learning to tell you some things we can do and some food we can eat to be healthy  |
| We are learning to understand that we all start as babies and grow into children and then adults  |
| We are learning that we grow and change  |
| We are learning to talk about how we feel moving to FS2 from FS1 |
| We are learning to remember some fun things about FS1 this year  |

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| **YEAR GROUP** | **TERM** | **TOPIC/THEME DETAILS** |
| **Foundation Stage 2** | Autumn 1 Autumn 2Spring 1Spring 2Summer 1Summer 2 | * Being Me in My World

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| We are learning to understand how it feels to belong and that we are similar and different  |
| We are learning to start to recognise and manage my feelings  |
| We are learning to enjoy working with others to make school a good place to be  |
| We are learning to understand why it is good to be kind and use gentle hands  |
| We are learning to understand children’s rights and this means we should all be allowed to learn and play  |
| We are learning to know what being responsible means * Celebrating Difference

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| We are learning to identify something we are good at and understand everyone is good at different things  |
| We are learning to understand that being different makes us all special  |
| We are learning to know we are all different but the same in some ways  |
| We are learning to tell you why we think our home is special to us  |
| We are learning to tell you how to be a kind friend  |
| We are learning to know which words to use to stand up for myself when someone says or does something unkind  |

* Dreams and Goals

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| --- |
| We are learning to understand that if we persevere we can tackle challenges  |
| We are learning to tell you about a time we didn’t give up until we achieved our goal  |
| We are learning to set a goal and work towards it  |
| We are learning to use kind words to encourage people  |
| We are learning to understand the link between what we learn now and the job we might like to do when we’re older  |
| We are learning to say how we feel when we achieve a goal and know what it means to feel proud  |

* Healthy Me

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| --- |
| We are learning to understand that we need to exercise to keep our body healthy  |
| We are learning to understand how moving and resting are good for our bodies |
| We are learning about which foods are healthy and not so healthy and can make healthy eating choices  |
| We are learning to how to help ourselves go to sleep and understand why sleep is good for us  |
| We are learning to wash our hands thoroughly and understand why this is important especially before we eat and after we go to the toilet  |
| We are learning what a stranger is and how to stay safe if a stranger approaches us  |

* Relationships

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| --- |
| We are learning to identify some of the jobs we do in my family and how we feel like we belong  |
| We are learning how to make friends to stop myself from feeling lonely  |
| We are learning to think of ways to solve problems and stay friends  |
| We are learning to understand the impact of unkind words  |
| We are learning to use Calm Me time to manage my feelings  |
| We are learning to know how to be a good friend  |

* Changing Me

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| --- |
| We are learning to name parts of the body  |
| We are learning to tell you some things we can do and foods we can eat to be healthy  |
| We are learning that we all grow from babies to adults  |
| We are learning to express how we feel about moving to Year 1  |
| We are learning to talk about my worries and/or the things I am looking forward to about being in Year 1  |
| We are learning to share our memories of the best bits of this year in Reception  |

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| **YEAR GROUP** | **TERM** | **TOPIC/THEME DETAILS** |
| **Year 1** | Autumn 1 Autumn 2Spring 1Spring 2Summer 1Summer 2 | * Being Me in My World

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| --- |
| We are learning to use our Jigsaw Journal  |
| We are learning to understand the rights and responsibilities as a member of our class  |
| We are learning to understand the rights and responsibilities for being a member of our class  |
| We are learning that views are valued and can contribute to the Learning Charter  |
| We are learning to recognise the choices we make and understand the consequences  |
| We are learning to understand our rights and responsibilities within our Learning Charter  |

* Celebrating Difference

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| --- |
| We are learning to identify similarities between people in our class  |
| We are learning to identify differences between people in our class  |
| We are learning to tell you what bullying is  |
| We are learning that there are some people who we could talk to if we were feeling unhappy or being bullied  |
| We are learning how to make new friends  |
| We are learning to tell you some ways we are different from our friends  |

* Dreams and Goals

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| --- |
| We are learning to set simple goals  |
| We are learning to set a goal and work out how to achieve it  |
| We are learning to understand how to work well with a partner  |
| We are learning to tackle a new challenge and understand this might stretch my learning  |
| We are learning to identify obstacles which make it more difficult to achieve our new challenge and can work out how to overcome them  |
| We are learning to tell you how we felt when we succeeded in a new challenge and how we celebrated it  |

* Healthy Me

|  |
| --- |
| We are learning to understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy  |
| We are learning how to make healthy lifestyle choices  |
| We are learning how to keep ourselves clean and healthy, and understand how germs cause disease/illness We are learning that all household products including medicines can be harmful if not used properly  |
| We are learning that medicines can help me if we feel poorly and we know how to use them safely  |
| We are learning to how to keep safe when crossing the road, and about people who can help us to stay safe  |
| We are learning to tell you why we think our body is amazing and can identify some ways to keep it safe and healthy  |

* Relationships

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| --- |
| We are learning to identify the members of our family and understand that there are lots of different types of families  |
| We are learning to identify what being a good friend means to us  |
| We are learning appropriate ways of physical contact to greet our friends and know which ways we prefer  |
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| We are learning who can help us in our school community We are learning to recognise our qualities as person and a friend  |

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| We are learning to tell you why we appreciate someone who is special to us  |

* Changing Me

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| We are learning to understand the life cycles of animals and humans  |
| We are learning to tell you some things about us that have changed and some things about us that have stayed the same  |
| We are learning to tell you how our body has changed since we were a baby  |
| We are learning to identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus  |
| We are learning to understand that every time we learn something new we change a little bit  |
| We are learning to tell you about changes that have happened in our life  |

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| **YEAR GROUP** | **TERM** | **TOPIC/THEME DETAILS** |
| **Year 2** | Autumn 1 Autumn 2Spring 1Spring 2Summer 1Summer 2 | * Being Me in My World

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| --- |
| We are learning to identify some of our hopes and fears for this year We are learning how to use our Jigsaw Journal  |
| We are learning to understand the rights and responsibilities for being a member of my class and school  |
| We are learning to understand the rights and responsibilities for being a member of my class  |
| We are learning to listen to other people and contribute our own ideas about rewards and consequences  |
| We are learning how following the Learning Charter will help us and others learn  |
| We are learning to recognise the choices we make and understand the consequences  |

* Celebrating Difference

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| --- |
| We are learning to understand that sometimes people make assumptions about boys and girls (stereotypes)  |
| We are learning to understand that sometimes people make assumptions about boys and girls (stereotypes)  |
| We are learning to understand that bullying is sometimes about difference  |
| We are learning to recognise what is right and wrong and know how to look after myself  |
| We are learning to understand that it is OK to be different from other people and to be friends with them  |
| We are learning to tell you some ways we are different from our friends  |

* Dreams and Goals

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| We are learning to choose a realistic goal and think about how to achieve it  |
| We are learning to carry on trying (persevering) even when we find things difficult  |
| We are learning to recognise who we work well with and who it is more difficult for us to work with  |
| We are learning to work well in a group  |
| We are learning to tell you some ways we worked well with our group  |
| We are learning to share success with other people  |

* Healthy Me

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| --- |
| We are learning to know what we need to keep our body healthy  |
| We are learning to show or tell you what relaxed means and we know some things that make us feel relaxed and some that make us feel stressed  |
| We are learning how medicines work in our body and how important it is to use them safely  |
| We are learning to sort foods into the correct food groups and know which foods our body needs every day to keep us healthy  |
| We are learning to make some healthy snacks and explain why they are good for our body  |
| We are learning to decide which foods to eat to give our body energy  |

* Relationships

|  |
| --- |
| We are learning to identify the different members of our family, understand our relationship with each of them and know why it is important to share and cooperate  |
| We are learning that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not  |
| We are learning to identify some of the things that cause conflict with our friends  |
| We are learning to understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret  |
| We are learning to recognise and appreciate people who can help us in our family, our school and our community  |
| We are learning to express our appreciation for the people in our special relationships  |

* Changing Me

|  |
| --- |
| We are learning to recognise our worth and can identify positive things about ourselves and our achievements. We are learning to set personal goals We are learning how to use our Jigsaw Journal  |
| We are learning to face new challenges positively, make responsible choices and ask for help when we need it  |
| We are learning why rules are needed and how they relate to rights and responsibilities  |
| We are learning to that our actions affect us and others and we care about other people’s feelings  |
| We are learning to make responsible choices and take action  |
| We are learning to understand our actions affect others and try to see things from their points of view  |

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| **YEAR GROUP** | **TERM** | **TOPIC/THEME DETAILS** |
| **Year 3** | Autumn 1 Autumn 2Spring 1Spring 2Summer 1Summer 2 | * Being Me in My World

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| We are learning to recognise our worth and can identify positive things about us and our achievements. We are learning to set personal goals We are learning how to use our Jigsaw Journal  |
| We are learning to face new challenges positively, make responsible choices and ask for help when we need it  |
| We are learning why rules are needed and how they relate to rights and responsibilities  |
| We are learning that our actions affect us and others and we care about other people’s feelings  |
| We are learning to make responsible choices and take action  |
| We are learning that our actions affect others and try to see things from their points of view  |

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* Celebrating Difference

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| --- |
| We are learning that everybody’s family is different and important to them  |
| We are learning that differences and conflicts sometimes happen among family members  |
| We are learning what it means to be a witness to bullying  |
| We are learning that witnesses can make the situation better or worse by what they do  |
| We are learning to recognise that some words are used in hurtful ways  |
| We are learning to tell you about a time when my words affected someone’s feelings and what the consequences were  |

* Dreams and Goals

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| --- |
| We are learning to tell you about a person who has faced difficult challenges and achieved success  |
| We are learning to identify a dream/ambition that is important to us  |
| We are learning to enjoy facing new learning challenges and working out the best ways for us to achieve them  |
| We are learning to be motivated and enthusiastic about achieving our new challenge  |
| We are learning to recognise obstacles which might hinder our achievement and can take steps to overcome them  |
| We are learning to evaluate our own learning process and identify how it can be better next time  |

* Healthy Me

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| We are learning how exercise affects our body and know why our heart and lungs are such important organs We are learning that the amount of calories, fat and sugar we put into our bodies will affect our health  |
| We are learning about our knowledge and attitude towards drugs  |
| We are learning to identify things, people and places that we need to keep safe from, and can tell you some strategies for keeping ourselves safe including who to go to for help  |
| We are learning to identify when something feels safe or unsafe  |
| We are learning to understand how complex our bodies are and how important it is to take care of it  |

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* Relationships

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| We are learning to identify the roles and responsibilities of each member of our family and can reflect on the expectations for males and females  |
| We are learning to identify and put into practice some of the skills of friendship eg. taking turns, being a good listener  |
| We are learning about and can use some strategies for keeping ourselves safe online  |
| We are learning to explain how some of the actions and work of people around the world help and influence our lives  |
| We are learning how our needs and rights are shared by children around the world and can identify how our lives may be different.  |
| We are learning to express our appreciation to our friends and family  |

* Changing Me

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| We are learning to that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby  |
| We are learning to understand how babies grow and develop in the mother’s uterus We are learning to understand what a baby needs to live and grow  |
| We are learning to understand that boys’ and girls’ bodies need to change so that when they grow up their bodies can make babies We are learning to identify how boys’ and girls’ bodies change on the outside during this growing up process  |
| We are learning to identify how boys’ and girls’ bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up  |
| We are learning to recognise stereotypical ideas we might have about parenting and family roles  |
| We are learning about what we are looking forward to when we move to our next class  |

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| **YEAR GROUP** | **TERM** | **TOPIC/THEME DETAILS** |
| **Year 4** | Autumn 1 Autumn 2Spring 1Spring 2Summer 1Summer 2 | * Being Me in My World

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| We are learning about which attitudes and actions make a difference to the class team We are learning to use our Jigsaw Journal  |
| We are learning to understand who is in our school community, the roles they play and how we fit in  |
| We are learning to understand how democracy works through the School Council  |
| We are learning to understand that our actions affect ourselves and others; we care about other people’s feelings and try to empathise with them  |
| We are learning to understand how groups come together to make decisions  |
| We are learning to understand how democracy and having a voice benefits the school community  |

* Celebrating Difference

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| We are learning to understand that, sometimes, we make assumptions based on what people look like  |
| We are learning to understand what influences us to make assumptions based on how people look  |
| We are learning that sometimes bullying is hard to spot and we know what to do if we think it is going on but we’re not sure  |
| We are learning to tell you why witnesses sometimes join in with bullying and sometimes don’t tell  |
| We are learning to identify what is special about us and value the ways in which we are unique  |
| We are learning to tell you a time when our first impression of someone changed when we got to know them  |

* Dreams and Goals

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| --- |
| We are learning to tell you about some of our hopes and dreams  |
| We are learning to understand that sometimes hopes and dreams do not come true and that this can hurt  |
| We are learning that reflecting on positive and happy experiences can help us to counteract disappointment  |
| We are learning how to make a new plan and set new goals even if we have been disappointed  |
| We are learning how to work out the steps to take to achieve a goal, and can do this successfully as part of a group  |
| We are learning to identify the contributions made by ourselves and others to the group’s achievement  |

* Healthy Me

We are learning to recognise how different friendship groups are formed, how we fit into them and the friends we value the most We are learning to understand there are people who take on the roles of leaders or followers in a group, and we know the role we take on in different situations We are learning to understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke We are learning to understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol We are learning to recognise when people are putting us under pressure and can explain ways to resist this when we want We are learning to know ourselves well enough to have a clear picture of what we believe is right and wrong * Relationships

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| We are learning to recognise situations which can cause jealousy in relationships  |
| We are learning to identify someone we love and can express why they are special to us  |
| We are learning to tell you about someone we know that we no longer see  |
| We are learning to recognise how friendships change, know how to make new friends and how to manage when we fall out with our friends  |
| We are learning to understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when we are older  |
| We are learning how to show love and appreciation to the people and animals who are special to us |

* Changing Me

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| We are learning to understand that some of our personal characteristics have come from my birth parents and that this happens because we are made from the joining of their egg and sperm  |
| We are learning to correctly label the internal and external parts of male and female bodies that are necessary for making a baby  |
| We are learning to 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 (having periods) is a natural part of this  |
| We are learning how the circle of change works and can apply it to changes I want to make in my life  |
| We are learning to identify changes that have been and may continue to be outside of my control that we learnt to accept  |
| We are learning to identify what we are looking forward to when we move to a new class  |

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| **YEAR GROUP** | **TERM** | **TOPIC/THEME DETAILS** |
| **Year 5** | Autumn 1 Autumn 2Spring 1Spring 2Summer 1Summer 2 | * Being Me in My World

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| We are learning to face new challenges positively and know how to set personal goals We are learning to use our Jigsaw Journal  |
| We are learning to understand our rights and responsibilities as a citizen of our country  |
| We are learning to understand our rights and responsibilities as a citizen of our country and as a member of our school  |
| We are learning to make choices about our own behaviour because we understand how rewards and consequences feel  |
| We are learning to understand how an individual’s behaviour can impact on a group  |
| We are learning to understand how democracy and having a voice benefits the school community and know how to participate in this  |

* Celebrating Difference

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| --- |
| We are learning to understand that cultural differences sometimes cause conflict  |
| We are learning to understand what racism is  |
| We are learning to understand how rumour-spreading and name-calling can be bullying behaviours  |
| We are learning to explain the difference between direct and indirect types of bullying  |
| We are learning to compare our lives with people in the developing world  |
| We are learning to understand a different culture from our own  |

* Dreams and Goals

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| --- |
| We are learning to understand that we will need money to help us achieve some of our dreams  |
| We are learning about a range of jobs carried out by people we know and have explored how much people earn in different jobs  |
| We are learning to identify a job we would like to do when we grow up and understand what motivates us and what we need to do to achieve it  |
| We are learning to describe the dreams and goals of young people in a culture different to mine  |
| We are learning to understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other  |
| We are learning to encourage our peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship  |

* Healthy Me

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| --- |
| We are learning about the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.  |
| We are learning some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart  |
| We are learning about and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations  |
| We are learning to understand how the media, social media and celebrity culture promotes certain body types  |
| We are learning to describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures  |
| We are learning what makes a healthy lifestyle including healthy eating and the choices we need to make to be healthy and happy  |

* Relationships

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| --- |
| We are learning to have an accurate picture of who we am as a person in terms of our characteristics and personal qualities  |
| We are learning to understand that belonging to an online community can have positive and negative consequences  |
| We are learning to understand there are rights and responsibilities in an online community or social network  |
| We are learning to that there are rights and responsibilities when playing a game online  |
| We are learning to recognise when we are spending too much time using devices (screen time)  |
| We are learning to explain how to stay safe when using technology to communicate with our friends  |

* Changing Me

We are learning to be aware of our own self-image and how our body image fits into that We are learning to explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally We are learning to describe how boys’ and girls’ bodies change during puberty We are learning to understand that sexual intercourse can lead to conception and that is how babies are usually made We are learning to understand that sometimes people need IVF to help them have a baby We are learning to identify what we are looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) We are learning to identify what we are looking forward to when we move to my next class.  |

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| **YEAR GROUP** | **TERM** | **TOPIC/THEME DETAILS** |
| **Year 6** | Autumn 1 Autumn 2Spring 1Spring 2Summer 1Summer 2 |

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| * Changing Me

We are learning to identify our goals for this year, understand our fears and worries about the future and know how to express them We are learning to how to use our Jigsaw Journal  |
| We are learning that there are universal rights for all children but for many children these rights are not met  |
| We are learning to understand that our actions affect other people locally and globally  |
| We are learning to make choices about our own behaviour because we understand how rewards and consequences feel and we understand how these relate to my rights and responsibilities  |
| We are learning to understand how an individual’s behaviour can impact on a group  |
| We are learning to understand how democracy and having a voice benefits the school community * Celebrating Difference

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| We are learning to understand there are different perceptions about what normal means  |
| We are learning to understand how being different could affect someone’s life  |
| We are learning to explain some of the ways in which one person or a group can have power over another  |
| We are learning some of the reasons why people use bullying behaviours  |
| We are learning to give examples of people with disabilities who lead amazing lives  |
| We are learning to explain ways in which difference can be a source of conflict and a cause for celebration  |

* Dreams and Goals

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| --- |
| We are learning about our learning strengths and can set challenging but realistic goals for ourselves (e.g. one in-school goal and one out-of-school goal)  |
| We are learning to work out the learning steps we need to take to reach our goal and understand how to motivate ourselves to work on these  |
| We are learning to identify problems in the world that concern us and talk to other people about them  |
| We are learning to work with other people to help make the world a better place  |
| We are learning to describe some ways in which we can work with other people to help make the world a better place  |
| We are learning about what some people in our class like or admire about us and can accept their praise  |

* Healthy Me

|  |
| --- |
| We are learning to take responsibility for our health and make choices that benefit our health and well-being  |
| We are learning about different types of drugs and their uses and their effects on the body particularly the liver and heart  |
| We are learning to understand that some people can be exploited and made to do things that are against the law  |
| We are learning to why some people join gangs and the risks this involves  |
| We are learning to understand what it means to be emotionally well and can explore people’s attitudes towards mental health/illness  |
| We are learning to recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.  |

* Relationships

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| --- |
| We are learning that it is important to take care of our mental health  |
| We are learning to how to take care of our mental health  |
| We are learning to understand that there are different stages of grief and that there are different types of loss that cause people to grieve  |
| We are learning to recognise when people are trying to gain power or control  |
| We are learning to judge whether something online is safe and helpful for me  |
| We are learning to use technology positively and safely to communicate with our friends and family  |

* Changing Me

|  |
| --- |
| We are learning to be aware of our own self-image and how our body image fits into that  |
| We are learning to explain how girls’ and boys’ bodies change during puberty and understand the importance of looking after yourself physically and emotionally  |
| We are learning to describe how a baby develops from conception through the nine months of pregnancy, and how it is born  |
| We are learning to understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend  |
| We are learning to be aware of the importance of a positive self-esteem and what we can do to develop it  |
| We are learning to identify what we are looking forward to and what worries us about the transition to secondary school /or moving to our next class.  |

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